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MARTLET

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UVic student shapes world history

Maria Cardona Madero assisted Felipe Calderon in his campaign for Mexico's presidency

by Micah Luxen

It's not often that a university student participates in a presidential election, but it's not unheard of. It's not often that a university student eats at the table of a world leader, but that too happens now and then. And it's not often that a political science student makes political history before she graduates, but Maria Cardona Madero is no ordinary student.

On July 2, 2006, Mexico elected new president Felipe Calderon, and Cardona stood there beside him.

Cardona came to Canada from Mexico City for high school and fell in love with Victoria. She now attends UVic but has not forgotten her Mexican roots.

"After having volunteered for a couple of campaigns in Canada, I had become interested in getting involved in my own country and therefore had applied [to work for Calderon] without knowing anyone on his campaign team," said Cardona. "And I must say that he was blown away when I told him that."

Hired on to the team, Cardona took on a variety of roles and responsibilities.

"During a presidential election, everyone does a bit of everything." As it turned out, "everything" was several different prominent positions: assistant to the Mexican co-ordinator of CEOs and unions, campaign co-ordinator's link to the National Youth Campaign, and assistant to the co-ordinator of foreign affairs.

For Cardona, campaigning meant organizing agendas, writing speeches and organizing political events.

"At the beginning, I pretty much did everything that, at the end of the campaign, four people were doing," she said. And while she often saw Calderon in passing, Cardona did not meet the presidential candidate for some time.

"The week I started working there, I would get to see [Calderon] all the time since his office was right across from mine, but I was always too shy to go up to him," said Cardona, who plans to be a diplomat.

"I thought that when he was in his campaign headquarters, the last thing he really wanted to have was more people coming up to him to introduce themselves." Cardona did finally meet Calderon, though, the day she introduced him to a large university group at an event she organized.

PROVIDED PHOTO

Maria Cardona Madero meets with president Felipe Calderon.

"Technically, that was the first time I met him, but it was kind of awkward because normally he would have known the person organizing the event from the headquarters," said Cardona, who soon became a family friend. Cardona was invited to join the campaign bus, where she helped Calderon and his wife with their children while they were on the road.

"It was pretty exciting, since I was not only sitting on the campaign bus waving at all the people we drove by, but I was actually with the candidate and his family," said Cardona.

"I could actually just talk to him and tell him anything I want. Yet I was too shy to do that—I mean, he was the candidate." Cardona was then invited to stay for a family dinner.

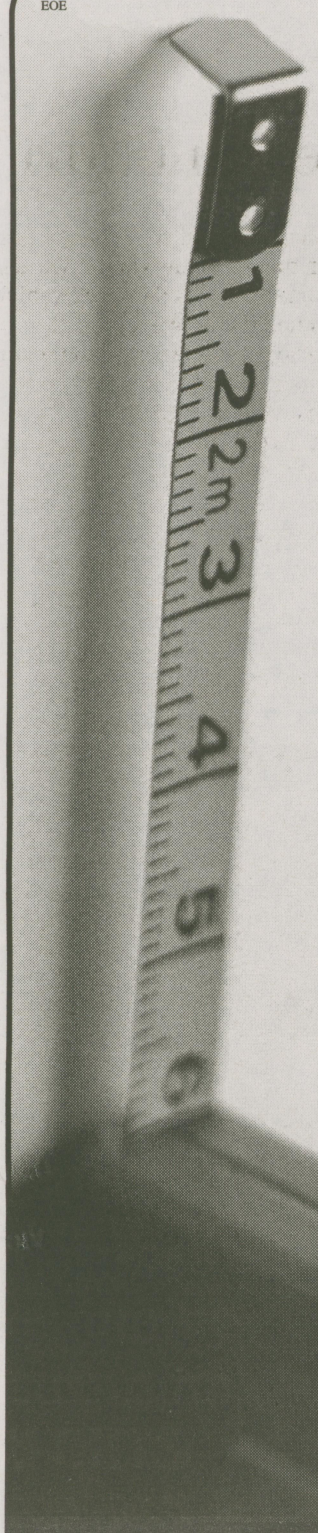
"It was quite crazy just sitting at the dinner table and really having a kind of one-on-one time with him and his family." Despite the fact that it was a typical BBQ meal, Cardona could not believe she was having a family dinner with a candidate who was soon to be president. Calderon, too, was grateful for his guest.

"[I told him how] I had left my family, school and friends in order to work for the best candidate and for the future of Mexico—that's actually what I told him," said Cardona. "His response was, 'Wow, I didn't think people actually did that.'"

Since that first dinner, Cardona spent much time with Calderon through campaign events and on tours.

"It's neat to think that the president knows me on a first name basis. I totally did not expect to go there and get to know him personally like I did," said Cardona. "I was extremely lucky."

EOE



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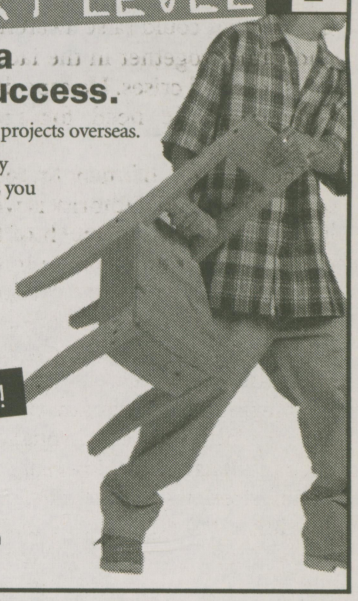

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Feisty Stephen Lewis charms crowd at UVic

by Vanessa Lundgren

WFP/BRENDA BARTON PHOTO

Stephen Lewis is dedicated to fighting HIV/AIDS in Africa

Relaxed, casually shifting his belt, even jingling coins in his pockets, Stephen Lewis captivated his audience during his lecture at UVic's Farquhar Auditorium on Nov. 17.

Simply dressed in a navy blue suit, Lewis stepped onto the stage to impassioned applause from the sold-out auditorium for his two-hour talk titled "Globalization."

Currently known for his work as the UN Secretary-General's Special Envoy for HIV/AIDS in Africa as well as chair for his humanitarian organization, the Stephen Lewis Foundation, Lewis received two standing ovations following his lecture.

Drawing on first-hand experience had in Africa, he expressed outrage over lack of funding being allotted to international aid such as food distribution and medication. Lewis spoke of the privilege of being envoy for the UN but how it could also be "soul-destroying" to be "watching the pervasiveness of death."

Talking most often of the AIDS pandemic, Lewis described one memory of visiting a women's ward in a Mozambique hospital as "a Kafka-esque scene" and there being "a sense of anguish and imminent death ... that was absolutely palpable." Lewis said that over 80 per cent of the cases there were AIDS-related.

Lewis urged for an "exercised citizenry" that could raise awareness and gather together in the face of injustices and crises. He especially highlighted the need for more gender equality.

"The inability of men to relinquish power and authority is what lies at the root of so much of the devastation around women in the world," said Lewis, "and certainly predatory male sexual behaviour is what lies at the root of the spread of the virus in Africa."

An expert speaker, Lewis held the crowd's attention throughout the talk. Raising and lowering his voice, stressing key words, and pausing at the right moments had many audience members sitting forward, intensely listening and nodding along to Lewis.

"I feel like I'm speaking amongst friends ... let me talk in that fashion," said Lewis at one point, drawing smiles and chuckles from his admirers.

The talk ended on a high note of comradeship as Lewis encouraged the audience to exercise "simple human decency." He explained that while he was there to discuss globalization, he considered the term "intellectually self-indulgent." Instead, Lewis urged audience members to look at real-life issues.

The talk was the third and final lecture of the Centennial Lecture series, which has brought former Saskatchewan premier Roy Romanow and anthropologist and ethnobotanist Wade Davis to UVic.

Martin Seggers, UVic's director of community relations and a moderator for the Lewis lecture, said that the lecture series was created to promote the centennials of Oak Bay and Saanich.

UVic President David Turpin told the audience that the series' ticket sales had raised over $24,000 to be used toward UVic scholarships.

Pre-event, the University Centre was packed full of people waiting to enter the auditorium. A crowd was gathered around the photo ID booth, on the wait list, eager to snatch the next available ticket.

Nadia Scott, a fourth-year biology student, said she was hoping to attend the lecture. According to Scott, close to 30 people were on the wait-list. She had been planning to go to this talk for about a month and a half.

Scott admired Lewis's dedication to raising awareness about HIV/AIDS. She was one of several youth eager to attend the lecture.

"It's always the university students who are the most interested in these things ... the most liberal. We're here to learn," said Scott.

Barb Ruddell, who was also on the wait-list, was waiting to be joined by her husband. When asked about her motivation for wanting to go to the Stephen Lewis lecture, Ruddell said that Lewis offered hope.

"With all the news that you hear is so dark and dreary, and the world seems like a really dark place, and somebody like Stephen Lewis, who is in the deepest, darkest place, doing tireless work for Africa and being positive," said Ruddell. "I want to be inspired."

No room for another pest

by Sam VanSchie

Bunnies, move over—UVic's got rats to kill.

Judy Guthrie, Support and Administrative Services Division manager for the UVic Student Society, blames "yummy compost" for the increased reports of rats scampering through and around the Student Union Building (SUB).

"We've never had a problem like this before," said Guthrie. "All of a sudden, it was out of control."

According to Guthrie, the rats were living, eating and breeding inside the compost bins. A pest control company advised her that bins around the building had to go if they were going to successfully kill the rats.

Colin Butterfield, assistant to the director of maintenance and operations, said the company that maintains the bins neglected them.

"The rats would rather go for the overflowing compost than our bait," said Butterfield.

He believes that students throwing their food waste into garbage cans will be less of a problem because they are serviced more regularly by UVic janitors.

But nobody from reFUSE, the company that turns UVic's food scraps into fertilizer, knew that the bins needed more frequent pickup, according to owner Jason Adams.

"With [campus sustainability coordinator] Sarah Webb on maternity leave, we've really lost our lifeline to get feedback from up there," said Adams.

The company had been emptying the bins around campus weekly. But this hasn't been enough for the area around the SUB.

"Participation was just going straight up as more people found out about it," said Adams. "It looked like people were bringing things from home."

While Adams is happy with the quality of material he collects, he discourages students from bringing their waste from home.

"UVic pays for the service," said Adams. "So really, it's only fair if [students compost] waste generated on campus."

And the rats? Adams said he didn't see any rats when personally removing the bins last Friday. He agrees, however, that the bin should have been emptied sooner.

"We'll definitely be coming more often," said Adams, a UVic graduate. "It's very important to me, that's for sure, just from a personal point of view."

Guthrie said this is only a temporary suspension of service.

"We want to get rid of the rats so students can start composting again," said Guthrie.

Hit-and-run goes to court

by Micah Luxen

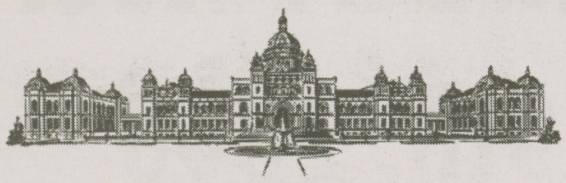
The court process regarding a UVi'c student's death began last week.

On Jan. 19, 2006, 18-year-old Nicholas Mathers was killed in a hit-and-run accident while he was cycling home. On Nov. 14, Byron Kuc, 33, appeared in court to plead guilty to leaving the scene of the accident. Crown counsel asked Judge J. Michael Hubbard for a sentence of three to 12 months. The court will decide if Kuc is to be given jail time.

Police arrested Kuc the evening after the accident when a witness reported that his damaged vehicle matched the police description.

During the hearing, the court learned the Kuc had been at Christie's Carriage House Pub on Fort Street from 6 p.m. until approximately 11:30 p.m. on Jan. 19. Mathers was hit just before 1 a.m. Lawyers said there was no evidence that he was impaired.

Mathers, an Oak Bay High School graduate, was not wearing a helmet when he was hit. He died of head injuries.



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In Soviet Russia, blog runs you

UVic student gives control of his life to a website

by Matthew Gauk

Jeremy David Peters doesn't have to agonize over how to cut his hair. His readers decide for him.

Peters, a 21-year-old fourth-year business student who is the current University of Victoria Students' Society director of academics, runs a personal blog at Jeremydavid.com. The website title is Jeremy David Choose Your Own, errr, My Adventure!

Peters' blog is the first of its kind. He uses web polls and surveys to collect the opinions of his readers on matters as weighty as his Halloween costume (a dragon), his haircut (a faux-hawk), and what kind of hat to wear to his fake birthday party (a pirate hat) and then acts on them. Peters follows up each poll with a detailed account of his adventure and posts high-quality photographs of his exploits.

"It's 'Choose My Adventure' I guess because I'm sure there's some sort of copyright rules," said Peters, laughing. "I think I've read the *Goosebumps* versions of them from time to time but I never was a big avid fan. But I think it's such a pop culture thing that everyone knows about, and people obviously like the books."

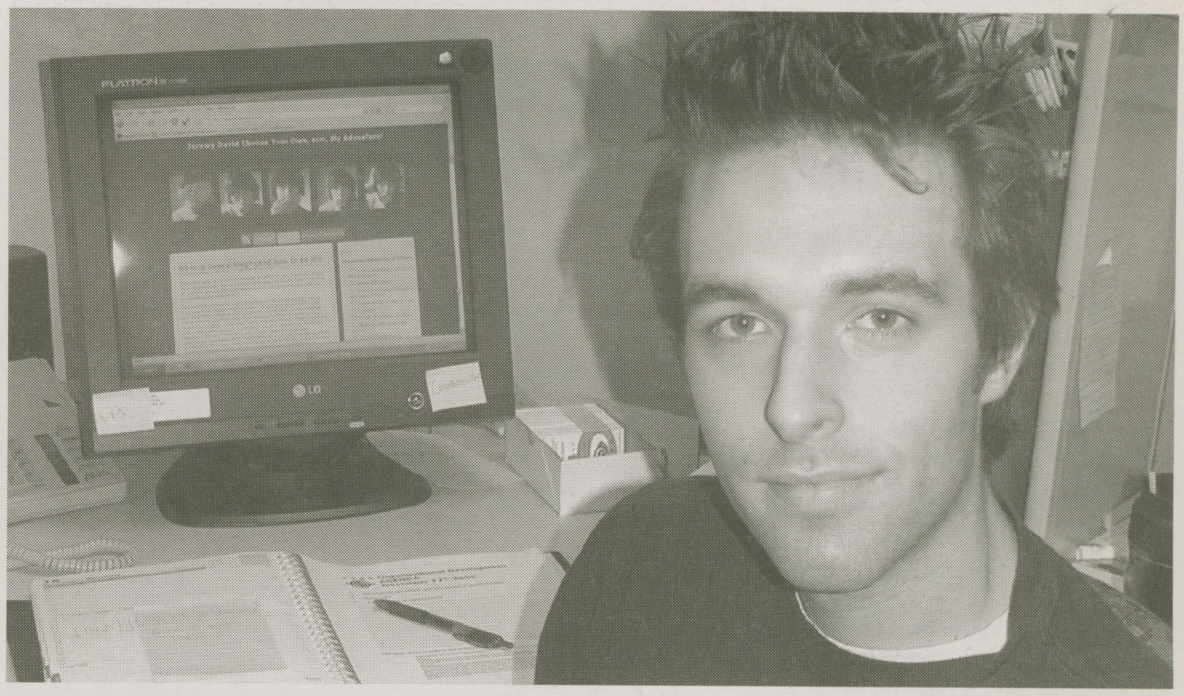
Over the last few weeks, with attention from the likes of CBC Radio One, Peters' adventure options have been getting gradually more relevant to his life, including where to go on weekend bicycle rides (Big Bad John's and the Lochside Trail), what to do on a trip to Ottawa (dig soil for an hour with hand tools and sing karaoke), and where to go on a trip to Europe (Ireland). Peters had this trip in mind when he started putting the website together.

"In August I'm going on a year-long trip around the world," said Peters, who graduates this summer. "You know there are all those travel blogs and stuff but no one would really want to read them unless you knew the person. I thought it also ties in that if people were actually able to influence where I go ... so I could be at a train station and say, 'Should I go to France or Germany now?' it might actually attract people to the site."

Peters could do this by updating his site at Internet cafes or if, as he hopes, he gets access to technology that allows him to update the site while staying mobile.

"I think it would be unbelievable if ... I could actually post something on the Internet and then have people make decisions in real time, so have a question and then an hour or two hours later actually act on it," said Peters.

Peters took his inspiration from other enterprising sites such as One Red Paperclip and The Million Dollar Homepage, both of which received worldwide media coverage.



MATTHEW GAUK PHOTO

Jeremy David Peters is seen here sporting the remnants of a blog-ordered faux-hawk.

"I thought it might be cool to put that into the real world, so people can collaborate and put Internet stuff into real life," said Peters, who took his lead from Web 2.0, a term applied to an Internet movement working towards the co-operation of users through collaborative sites such as Wikipedia and social networking sites. "I thought it'd be funny to see what sort of things people would do if they lived their lives vicariously through mine."

Peters is happy with the site's 100 visitors per day since it's only been up for about a month.

The blog isn't the only thing on the site. He also has posted correspondence between an anonymous landlord and some hair-brained tenants, and a series of Peters-penned humorous snail-mail letters to Oprah, Jack Nicholson and the Nicola Valley honey company.

The main challenge for Peters is posting content that's interesting to people other than his immediate family and friends. His "first unique idea" has already struck a chord beyond friends, and Peters is always on the lookout for unique ideas.

"I've had the domain name for four or five years and I've just never really had anything on it before," said Peters. "It's good to be able to finally put something there that's worth visiting instead of just having my name on a white background."

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Professor Reg "Dr. Zonk" Mitchell with one of his many zany chemistry experiments.

Zonked out

Professor Reg Mitchell's science show erupts at UVic

by Amanda Hale

Never before has the simple act of wiping one's forehead after a show and saying "Christ, I'm zonked out" created such a widespread love for chemistry.

UVic chemistry professor Reg Mitchell has captured the imaginations of students from grade school to university—all with the help of a green wig, a microphone and his alter-ego Dr. Zonk. This Thursday, Nov. 23, he'll deliver yet another mad-science show to a sold-out crowd of students at UVic.

Mitchell has travelled to schools and universities in B.C. for 25 years, teaching students and teachers how chemistry relates to everyday life. His stage presence, combined with an array of loud and colourful chemicals, has created one hell of a show.

"During one show I made a three-foot condom," said Mitchell with a laugh. "Imagine a fountain of rubber that explodes like a pop bottle or an erection. The Grade 12s loved that."

This Thursday's show is sure to be a crowd-pleaser, featuring a "series of bang and flash experiments" that involve high and low temperatures and colour changes and a liquid oxygen "space shuttle" that explodes into flame.

"Some people prefer the loud noises, while some just love watching chemicals change from colourless to brown to ink—they find that fascinating," said Mitchell.

His experiments aim not only to entertain, but also to connect chemistry and science to some of society's greatest hurdles, such as sewage treatment, climate control and pollution.

"I use experiments that involve properties people are familiar with, such as energy and water," said Mitchell. "This essentially takes something familiar in their lives and turns it into something new and exciting through chemistry."

One of his experiments features a "hydrogen bang" that mimics the process of chemical interaction inside a hydrogen engine. To do this, he mixes a tube full of water and hydrogen to show students how alternative energy sources can power a car engine without the pollution of carbon dioxide.

"This is part of spreading awareness of how important chemistry is to our society," said Mitchell. "We need chemists to create new technologies to replace the existing ones."

Reaching students when they're young is important, said Mitchell, as interest in chemistry has declined over the years. To change this, he's driven to remote areas in B.C., such as Prince George, to show middle school and high school teachers how to add creative experiments to their chemistry lessons.

"I want students and audience members to walk away with the knowledge that chemistry is not a dead topic—it's constantly evolving. You will always have problems to solve."

Another aim of his show is to dispel stereotypes that all chemicals are harmful.

"Media plays a partial role in our misconceptions about chemicals," said Mitchell. When he was a child, chemistry was seen as an exciting development, especially with the emergence of plastic used for medical procedures. When he was young he also saw "Better living through chemistry" written on bumper stickers everywhere he went.

"Now all we hear about are toxic chemicals and pesticides in the headlines, which automatically bring negative public perception to all chemicals and chemistry," said Mitchell. "Perhaps it's because we're so used to the benefits of chemistry that we only focus on the bad stuff.

"But people need to know that everything we see and do is chemistry."

UVic nets protein science star

Christoph Borchers joins UVic's Proteomics Centre

by Kim Armstrong

PROVIDED PHOTO

Christoph Borchers helped pioneer the field of proteomics.

Protein is no longer just for Atkins dieters. For Christoph Borchers, the newly appointed director of the UVic-Genome British Columbia Proteomics Centre, protein has been the basis of a successful career.

Borchers, who left a position as director of the University of North Carolina-Duke Proteomics Facility to come to Victoria, helped pioneer the field of proteomics—the study of structure and function of protein within cells and organisms.

Borchers now plans to continue to expand and develop the field of protein study.

"There's a lot of good people at the centre; the staff is brilliant," said Borchers. "But what the centre right now is offering is mainly service in proteomics. I want to change this to a service and research facility."

Since it is such a new field, proteomics offers many directions for research. Proteins have a wide range of functions within an organism—they are involved in coding DNA and in cellular communication. Diseases, including cancer, have individual protein markers that can be used in diagnosing illnesses if detected and identified.

Borchers' goal is to open the centre to the diagnostic aspect of proteomics, metabolomics (the study of protein roles in metabolism) and structure proteomics (the study of protein structure). Structure proteomics could eventually lead to structure-based drug design, in which drugs inhibit the function of disease-related proteins.

Genome British Columbia is the university's partner investor in the centre. Don Riddle, chief scientific officer for Genome B.C., is enthusiastic about the future of proteomics and its relationship with genomics—the study of DNA and the genetic code.

While genomics and proteomics are two separate aspects of cellular biology, they are nevertheless related. Proteins carry out DNA instructions and synthesize, or reproduce, DNA strands. Proteomics and genomics also overlap in focus: for example, both proteomics and genomics are involved in diagnostic medicine.

Borchers has found the scientific community in B.C. to be supportive of the work he is doing and enthusiastic about the future of proteomics.

"There's a proteomics network being built, and this is something totally unique," he said.

"It's not just the financial support—it's mainly the intellectual support. The people are wide open in terms of what proteomics can do for them."

The network is helpful, Borchers said, in opening communications between a number of different scientific fields.

"People can work together," he said. "It's not only the technology people like me."

The centre, located in the UVic-owned Vancouver Island Technology Park, is home to technological toys that can separate, analyze and synthesize protein, as well as mass spectrometers, which can identify proteins or protein segments by their molecular weight.

"[Borcher's appointment to the proteomics centre] is a tremendous scientific gain for B.C. and for Canada," said Martin Taylor, UVic's vice-president of research, in a UVic media release.

"Christoph is a star in his field who was attracted to UVic by the exceptional proteomics research capacity that we have established in partnership with Genome B.C.

"We are extremely pleased to have a scientist of his caliber."

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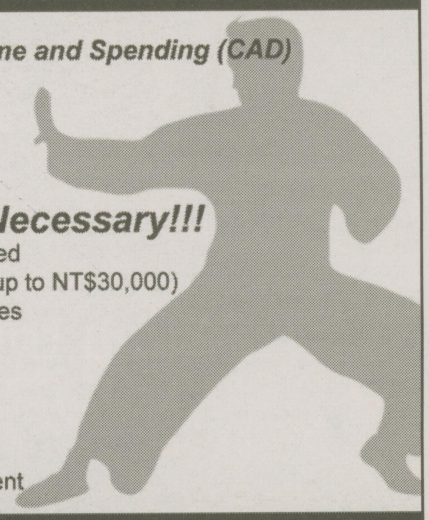


www.hess.com.tw

Slick Willy talks turkey with premier

by Matthew Gauk

There aren't many people out there who can upstage the premier in his own capital city, but Bill Clinton did it with aplomb.

Speaking at the Save-On-Foods Memorial Centre on Nov. 10 to a sold-out crowd of over 5,000 of Victoria's finest-dressed, Clinton touched on a number of issues near and dear to his heart. The subject of Clinton's address was advertised as Canadian-American relations, but he spoke about everything from his wife's possible run for Democratic presidential candidacy, saying he'd be the first to know, to Canada's role in Afghanistan. The real subject of his talk, however, included his audience.

"Today I want to talk not so much about politics as citizenship, and about what all of us can do who are not in office," said Clinton.

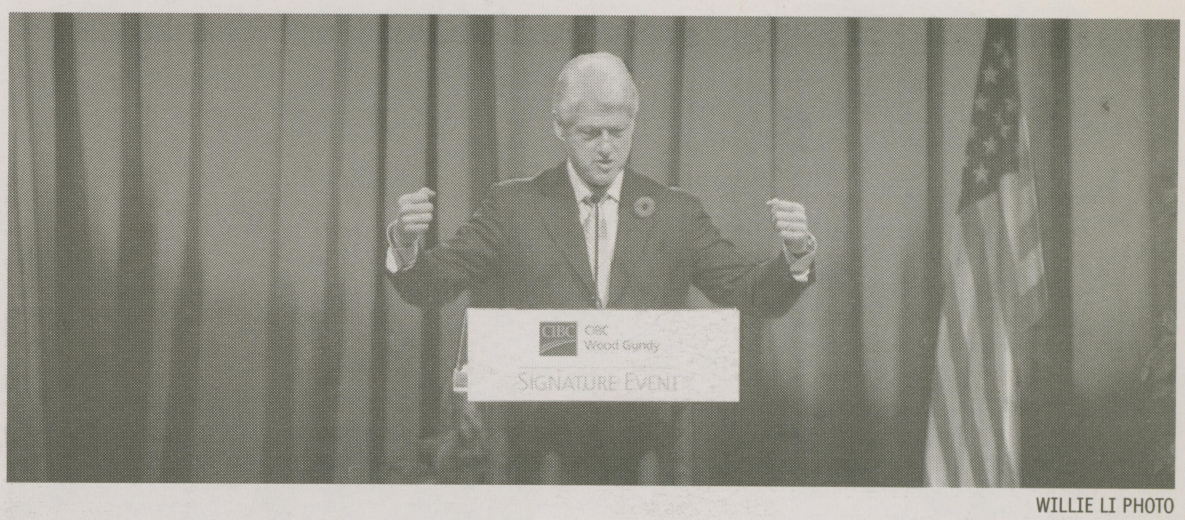
Clinton said that there are four basic questions every person who really cares about the world should be able to ask and to answer. These questions are: What is the fundamental nature of the 21st-century world? How would you like to change it? What steps are necessary to make those changes? Who's supposed to do it, and how can the individual make a difference?

These questions, he said, get progressively more difficult as you go along. The answer to all was essentially that it's cheaper for nations such as Canada to seek peace and equality, health, and a cleaner environment than it is to get involved in bloody wars.

While this may seem incongruous with Canada's current mission in Afghanistan, Clinton in fact supports our country's involvement there. Fighting groups like the Taliban, he said, is a way to ensure that the people of Afghanistan are clear to pursue peace and equality.

"I know it is painful for you when you lose your soldiers there, but you are doing a good thing," said a tired-looking Clinton, who was fresh off the midterm election campaign supporting Hilary Clinton and other Democrats.

While Clinton was received with thunderous applause, as was talk of the Democratic victory in the midterm elections, Premier Gordon Campbell's entrance caused a stir and the crowd booed or clapped politely.



WILLIE LI PHOTO

Bill Clinton gave an address at Save-On-Foods Memorial Centre before reading break.

A group of UVic resident advisors sat at the back of the arena, and when they stood up in a line, their shirts spelled: "We Love William."

"I love Bill Clinton, and I wanted to come and see him. So, basically, I got a group of friends together and we camped out since 3 a.m. to buy tickets, thinking they would be sold out," said Allie Orzeck, adding that there were plenty of available tickets for the first little while. "So we did it for nothing, but it was worth it."

The gung-ho RAs liked how frankly Clinton spoke, admitting that governments weren't perfect, even his own, and prescribing what could be done better.

"He's such a profound speaker," said RA Shawn Slavin. "He doesn't BS anything—he actually says what needs to happen. He doesn't beat around the bush like a lot of politicians will do."

Tickets ranged in price from $100 to $200 and were a hot commodity in Victoria. According to CNN, Clinton makes about $150,000 per speaking engagement, although it can range quite a bit. In two days of speaking in Toronto last year, Clinton was estimated to have raked in a total of $775,000.

Denise Savoie offers financial hope to students

by Micah Luxen

Victoria NDP MP Denise Savoie has a national plan to relieve student debt, and she went straight to students to develop it.

"I took the opportunity in different cities to meet with student groups, and I just became appalled at the debt burden that students were incurring," said Savoie. "I don't think any policy-maker thought about what is a manageable level of debt for students. What must it be like for a 30-year-old to start a career with that millstone around their neck? It seems to me that debt forecloses a lot of choices and career possibilities." According to the Canada Millennium Scholarship Foundation, the average student debt in Canada is over $24,000.

Savoie proposes to shift funding within the system to better benefit students now by shifting the Canada Education Savings Program (CESP) and Textbook Tax Credit funding into non-repayable student grants to establish a needs-based grant system.

"The government should be providing needs-based grants at the time that students need [funding]—when tuition is due, not when they're one year old," said Savoie.

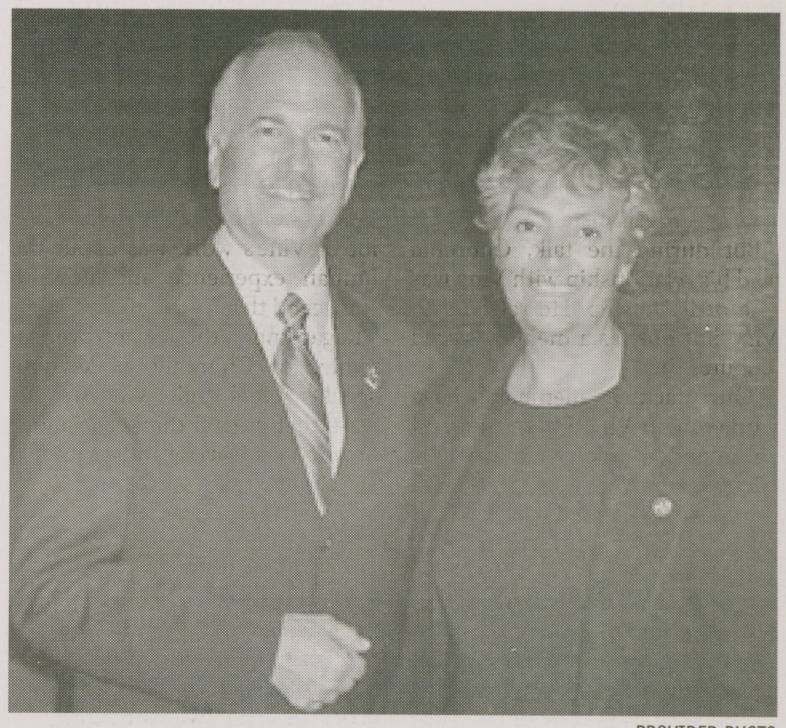
For every student who takes out a loan, Savoie estimates the government could award more than $1,500 a year in addition to established federal grants (Millennium Scholarship, Canada Access Grants, Canada Study grants) already in place.

"Starting today, with this budget, we could do this right now without making any huge changes to the system," said Savoie. "This is just a beginning. It's just a first step, but I think more money needs to be injected into post-secondary."

In the 2006-07 budget, the Canadian government plans to invest $634.2 million in the CESP. Every year, the federal government adds money to what participating parents contribute to the CESP.

According to Savoie, the government doesn't add a lot to the savings program, but parents are encouraged to save.

"However, in order to save, you have to have money in the first place, so the program benefits disproportionately higher-income families," said Savoie. "People who can't afford to save are hooped." As tuition fees increase, Savoie argues that post-secondary education is becoming even more difficult for people from middle- and low-income groups.



PROVIDED PHOTO

Denise Savoie is the NDP MP for Victoria. Here she stands with NDP leader Jack Layton.

Savoie has also proposed that the government increase the money transferred from the federal government to the provincial government for post-secondary.

Right now, the federal government passes a big envelope of funding to the provincial governments. Each province chooses which social programs the money will go to.

Savoie suggested that the federal government separate out how much money should go directly toward financing post-secondary education.

"Then when you and I vote, we can [know] if one level of government is supporting post-secondary education and if the provincial government is not," said Savoie. "That's transparent ... so that governments would be more accountable to increase that funding."

Savoie believes that governments must consider the student demographic in planning for the future.

"You're the future. You also offer the possibility for our country to remain globally competitive," said Savoie. "We must address the skills shortages in our country, and we have to make sure that every capable student has the chance for post-secondary education so that Canada does not lag behind from the productivity prospective."

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UVic's aboriginal community commemorates writer

Speaker on Vine Deloria Jr. creates controversy

by Cliff Atleo Jr.

PROVIDED PHOTO

Vine Deloria Jr. was a Standing Rock Sioux scholar and activist.

While Vine Deloria Jr., Standing Rock Sioux scholar and activist, enjoyed near universal love and respect from the indigenous community, the same cannot be said for Ward Churchill.

Churchill was invited to UVic on Nov. 15 as the keynote speaker at an event honouring Deloria—both men taught at the University of Colorado at Boulder, but Deloria passed away in November of last year.

Churchill, meanwhile, is appealing the findings of the university's Standing Committee on Research Misconduct. The committee found several cases of misconduct ranging from "plagiarism to deliberate misrepresentation of the historical record."

The controversy surrounding Churchill preceded him on campus as word of his invite spread. Criticism most notably came from the Indigenous Governance Programs. In a widely circulated letter addressed to the Native Student Union (NSU), Taiaiake Alfred and colleagues agreed with the honouring of Deloria but disagreed with the choice of Churchill as speaker. They pointed to Churchill's alleged academic misconduct, his purported misrepresentation as an indigenous person and his relationship with Deloria, which they characterize as distant.

But during the talk, Churchill said his relationship with Vine was one of friendship. He referred to Vine not only as a mentor. Alfred disputes this.

"Our faculty members have worked with Vine Deloria Jr., and continue to work closely with his friends and colleagues, and we can assure you that Deloria and Churchill were not friends, nor were they close colleagues." The faculty members further suggest several other scholars and close friends whom they feel would have been more appropriate choices.

The NSU was thought to have organized this event, but it did not. Sheldon Noel of the Dakota Nation said a non-indigenous fellow student conceived of the event and he and several others helped organize it.

Noel said it's significant that they came together to "raise consciousness and awareness for academic freedom." He believes it's important to honour Deloria because "a lot of Vine's work was about the human experience and how to transcend that."

Regarding the controversial choice of Churchill as keynote speaker, Noel said, "Vine was always that critical thinker ... about how to be a warrior today, and for me, there was no one I could think of better than Churchill."

Despite the controversy, no one disputed the value of honouring Deloria.

"I like the fact that I can sit down and read his work without a dictionary," commented Gina Robertson, a social work student.

In addition to publishing over 20 books, Deloria believed in the necessity of connecting theory and action. Upon retirement from academia, it was recounted that Deloria proclaimed, "Free at last!"

And yet, despite his feelings toward the confinements of the academic, Deloria also wrote, "It is vitally important that the Indian people pick the intellectual arena as the one in which to wage war."

Churchill achieved notoriety for a 2001 essay in which he referred to the victims of the 9-11 attacks as "technocrats" and "little Eichmanns," the latter referencing the infamous Nazi lieutenant-colonel, Adolph Eichmann.

While many find Churchill's views compelling, others point to his alleged misconduct as being crucial in evaluating his message, especially in light of honouring Deloria. Both sides of the argument agree Deloria would encourage everyone to think critically and remain true to their principles.

Expectations determine performance, study finds

by Victor Liang

VANCOUVER (CUP) — A recent study found that women who believe their math skills depend on their experience performed better on tests than women who believe their math skills are determined by their genes.

"The significance of our study is to serve as a warning sign for both scientists and the media, as a call to pay more attention to the way scientific evidence is being portrayed to the public," said Ilan Dar-Nimrod, lead author of the study and a doctoral student in the University of British Columbia's faculty of psychology.

Dar-Nimrod and Steven Heine conducted a study over three years in which women were given a test after being told that their performance would either hinge on their sex or the way they had been taught math.

The women who were told their skills depended on experience did nearly 50 per cent better than those who had been told their skills depended on sex.

The results, the authors say, have much to say about the way we perceive genetic explanations of human attributes and behaviour and the significance of where we receive information that influences stereotypes about our differences.

"We seem [as a society] to have genetic essentialism, an assumption that if it's in my genes I can't overcome it," said Dar-Nimrod.

Genes, he said, seem to have a much stronger effect than experiential theories on a person's perception of ability and behaviour; therefore, scientific messages about the involvement of genes should be portrayed in a much more careful way.

Heine added that the study showed that having ideas about where behavioural differences come from can influence the way you behave, something many scientists and the media tend to forget when presenting their findings.

"Relations between genes and behaviour are enormously complex, yet they are simplified to make the material more accessible," said Heine.

"It should be emphasized how genes and environment interact to produce who we are; that's a very complicated story, and it's usually not described in that way. We think if it was described in that way, people wouldn't view genes to have such a fatalistic influence on their behaviour."

For Rachel Kuske, a UBC math professor and one of eight female faculty members in the department, the impact of misconceptions and stereotypes can be direct.

"What is it saying to people coming up in the system if they look at the faculty and don't see a lot of [female] role models? They might not see themselves continuing in math. [The question then becomes] how do we overcome these subconscious biases?"

The biases against females do surface occasionally, according to a female student.

"As a female, I sometimes feel the need to prove to my professor and classmates that I can generate more creative methods of solving problems than the males in order to be taken seriously," said Saren Arielle Deonarine, a first-year applied science student.

"It is a very important issue that needs to be exposed to show that the assumption of females being poor at math is very false. Personally, this stereotype has never stopped me from enjoying math," she added.

The next step for Dar-Nimrod and Heine will be to investigate if there are ways of communicating genetic accounts that do not have this negative impact.

Until then, they emphasize the need of the media and scientists to be very cautious about the way that genetic findings are being presented to the public.

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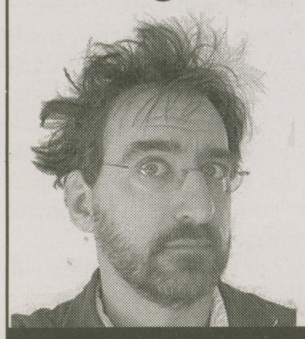

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Editorial

Security gone wild

We've all gone a little security-crazy lately. Well, maybe more than a little.

In an event that sounds like it's straight from the new James Bond movie, the federal government arrested Paul William Hampel (an alleged Russian spy) using a security certificate, which allows them to detain non-Canadian citizens, like Hampel, for an indefinite period of time without releasing evidence to the public.

Currently the Supreme Court is considering the constitutionality of security certificates. Several groups such as Amnesty International and Canadian Peace Alliance believe that the certificates are in violation of human rights. That's no surprise considering that the design of security certificates allows some of the evidence given in court to be heard without the presence of the detainee or their lawyer. Thankfully, security certificates are rarely invoked, and they are only used in situations in which the government believes the person is a danger to national security.

In November, the Canadian government pledged almost $80 million in funding for increased security of our ports and transit systems to help prevent terrorist attacks.

Canada's largest cities will receive $37 million from the feds to enhance the safety of their transit networks. Over half of this funding will be directed to Toronto and Montreal, while the rest will go to Vancouver, Edmonton, Ottawa and Calgary.

The support will be focused on increasing staff, creating security plans and establishing surveillance systems. And while heightened surveillance can be an important tool for gathering information after an incident has occurred, there's no evidence that it will be able to prevent, say, terrorist attacks on transit systems like those in London and Mumbai. Cameras will serve to make commuters a little more edgy, but not more safe.

The same thing goes for the $42 million for heightened security in Canada's ports and other marine facilities. Like the funding for transit systems, this money will be put toward surveillance and staff as well as dockside and perimeter security.

South of the border, when a man in a University of California in Los Angeles' library declined to show campus police his student ID card and invited others to join with him, he was repeatedly shocked by a security officer's Taser gun. It was a Tuesday night around 11 p.m., and many students were studying for midterms. A crowd quickly gathered around the officers, and after chilling screams, a woman cried out, "It's so wrong" before other students began to ask for the security guards' information—they didn't give any.

It turns out that the man, Mostafa Tabatabainejad, was indeed a student. He's a 23-year-old senior who happens to be of Iranian-American decent. And he's suing. The disturbing incident has now been viewed by over 500,000 people across the world on YouTube. It prompted a massive protest by university students at UCLA—the largest in years.

It might be disgusting, but it's not surprising that the campus police took such extreme measures. In this current climate of increased spending on security and cries of spies, everyone is on tenterhooks waiting for another attack.

But active monitoring wrongly targets the poor and visible minorities, and passive tactics aren't useful until after the fact. So all this government spending on security may not keep us any safer. Rather, it may result in more human rights infringements.

Angry? Pleased? Confused? Aroused? Tell us: letters@martlet.ca

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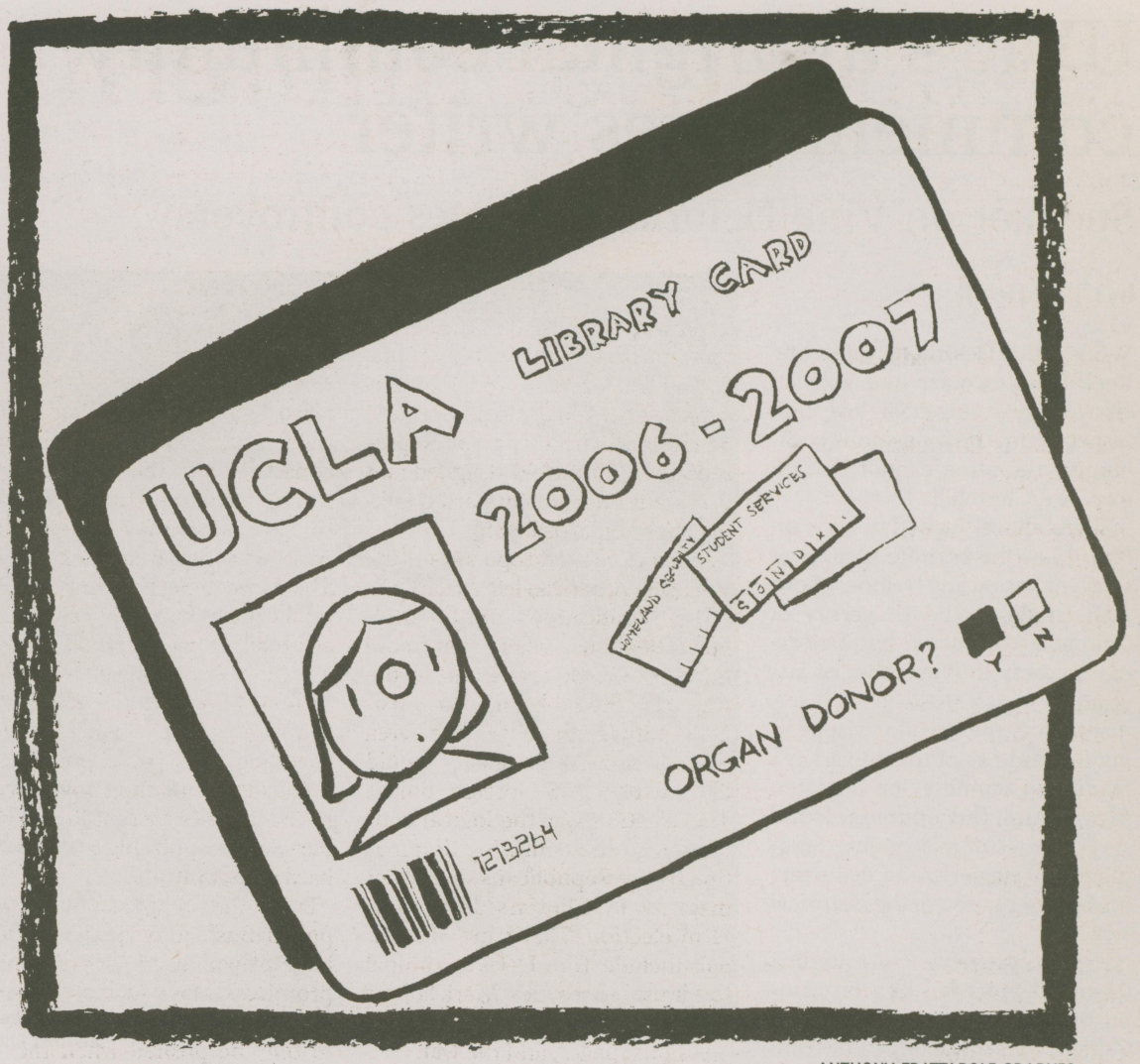
Editorial topics are decided on by staff at our weekly editorial meeting at 3 p.m. every Friday in the *Martlet* office (SUB B011). Editorials are written by one or more staff members, and are not necessarily the opinion of all staff members.



ANTHONY FRATTAROLI GRAPHIC

LETTERS

Climate change contradiction

If those three girls fundraising to attend the UN's annual Climate Change Conference in Nairobi, Kenya ("Fighting emissions from Kenya" *Martlet*, Oct. 26) were really interested in climate change, maybe they would stay home and work on their gardens instead of flying halfway around the world.

But hopefully they at least get a nice tan! Or was that a sunburn? Whatever.... Looks good on their resumes.

Brendan Ladner, UVic alumnus

PW minor still strong

First of all, thanks for the coverage by both Lisa Clement ("Writing students thrown into 'real world' emergency") and Gemma Karsens-Smith ("Harvey Southam Diploma axed in favour of master's in writing") in the Nov. 2 issue of the *Martlet*. It was great to see two adjacent stories about developments in the department of writing.

However, while the headline is accurate in the Karsten-Smith story, the reporter's lead is in fact misleading. "UVic has forgone journalism to make way for more creative writers," she writes. The story might leave readers believing that journalism courses will no longer be taught at UVic.

In fact, the professional writing minor is stronger than ever, as the activities in Rosa Harris-Adler's undergraduate writing courses prove. The department of writing continues to develop and improve journalism courses in its professional writing program. And, once the master's of fine arts in writing is operative at UVic, it will also be possible for graduate students to pursue journalism and non-fiction at the graduate level.

Lynne Van Luven, professional writing director

Samsung makes killing robot

by Steve Carey

Samsung's engineers have taken a break from designing stereos to make an automated machine gun turret that fires armour-piercing 5.5-millimetre rounds to get a perfect head shot every time.

A video was released online showing the turret in action and set to swashbuckling music from Disney's *Pirates of the Caribbean*. The robot looks like a cross between robots Johnny-Five of *Short Circuit* and the lifeless ED-209 of *Robocop*. The turrets will be released in 2007 and will cost approximately $200,000 US.

With two built-in cameras and pattern-recognition software, this trigger-pulling robot can determine whether it's looking at a benign tree or vile fleshy human. The video shows the turret tracking its target: two men in army fatigues sneaking around trees. It quickly picks out the men, surrounds them with a target border and locks a little dot on their heads, tracking where the bullets will go.

Machines like this don't just appear. Engineers and scientists were paid to design them, having to settle ethical dilemmas in the process.

Built in collaboration with the University of Korea, the turrets are to be deployed along the Korean Demilitarized Zone, the 248-kilimetre-long and four-kilometre-wide stretch of land separating the militaristic North from the pop-star-loving South.

Canadian universities also supply engineers to both Canadian Security Intelligence Service (CSIS) and Canada's Department of National Defence (DND) for research and development, intelligence analysis and, of course, server maintenance. UVic hosted CSIS in October and the DND in November, informing students about the bright future that working for them can hold.

But working in weapons design presents serious ethical dilemmas that presenters may fail to mention. Engineers and scientists carry a serious responsibility when they design, whether they're building a bridge or a bomb.

Before agreeing to a project, weapons engineers should actively seek understanding of the rules and regulations under which their employer is manufacturing, how the weapons will be distributed and where they will be sold. With this knowledge they can make an informed decision about the consequences of taking the job.

The devices engineers create, even with the best intentions, can be misused and cause harm, whether it's a machine pulling a trigger or just a poorly built user interface.

In 1988, an Iranian Airbus was flying in the USS Vincennes airspace when the U.S. Navy's Aegis combat system identified it as an attack fighter. The Aegis is a system that can automatically recognize and track multiple targets in anti-air, anti-submarine and anti-surface warfare. The Aegis system did not fire the missile. A human, misunderstanding the Aegis interface, gave the order that killed 290 civilians.

Weapons manufacturing isn't inherently unethical. The weapons used by the Allies to defend the civilian populace in the Second World War or current weapons developed to defend against air strikes were made with clear conscience, while napalm, Agent Orange and cluster bombs are nearly impossible to justify.

The Korean engineers have made an ethical decision to create these turrets in order to protect their country. As professionals, they've made the tough decision to create things that can defend and destroy in order to protect their populace and country.

Whether or not the weapons will be applied as the engineers intended them to be remains to be seen. The people deploying the weapon make the final decision on its use.

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U.S. midterm election reality

Republican wake-up call not likely to affect foreign policies

by Chris Fleming

American voters shook the White House with the midterm elections earlier this month. The Republicans lost their majority in both the Senate and the House of Representatives, Rumsfeld resigned and President Bush finally started talking about bipartisanship.

A victory for world opinion and the so-called "American left"? Hardly.

The ramifications of the midterm elections will be felt more in the domestic arena and in the way the Republicans do business rather than in the area most non-Americans would like change: U.S. foreign policy. This election was the logical conclusion to the confusing domination by the Republicans since their majority in Clinton's 1994 midterm election. The string of scandals include Tom Delay's criminal fundraising activities, Mark Foley's inexcusable conduct toward congressional pages, and the war.

The occupation of Iraq has been a bleeding wound for Bush's popularity and, by extension, for the party that supports him. The Republicans have been alienating their core supporters—the libertarian Americans, the religious right and especially the fiscal conservatives. These voters were less inclined to go to the polls this time because they believe their party has betrayed their values. The basic tenets of modern Republicanism have been small government, fiscal responsibility and a willingness to let citizens make responsible choices. But this has changed under Bush. Wasteful spending, pork-barrel politics and a socially intervening government have made the current Republican Party unrecognizable to many die-hard conservatives.

Even the religious right that pulled Bush into victory in 2004 has grown tired of unfulfilled promises. Issues such as gay marriage and stem cell research seem to only be pushed when the Republicans are failing at the more important issues.

Christian conservatives have yet to see any substantial legislation in terms of making America a more holy place to live. They are beginning to feel like a tool of a political party rather than the moral voice of America. Still, Americans find themselves in a schizophrenic state, looking to a party with two very opposing ideologies at its centre. Optimists outside the U.S. who believe that the American psyche has fundamentally changed in regard to the rest of the world will be sorely disappointed. The Democrats have yet to put together a coherent message on Iraq. While a withdrawal strategy is anticipated, the speed, nature and consequences haven't even been hinted at.

And despite how importantly Iraq factored in the midterms, foreign policy is still the executive branch's responsibility. A radical policy change isn't likely with team Bush.

True, in small ways the Democrats have made a difference so far. Rumsfeld was politely asked to leave to avoid an embarrassing congressional investigation into the lead-up to the Iraq War. Bolton's stint as UN ambassador also seems in jeopardy.

But illogical U.S. foreign policies that irritate anti-Americans, such as the global War on Terror and staunch U.S. support for Israel, are not in danger of revision. The Democrats must appear "tough on terror" in order to alter voters' perspectives that they're unable to deal with threats to U.S. security.

Depending on what kind of presidential candidate is chosen (most likely Senator John McCain), Republicans could rejuvenate their core supporters and win back many of the seats they lost this year. The presidential election and the performance of the Democrats in the House over the next two years will be a better litmus test of American political attitudes than the forgone conclusion of this midterm.

Learning about men and Wii games

Talk is cheap and video games are expensive (but better than talk)

by Hilary Agro

Until moving into residence three months ago, I thought I understood guys.

I grew up with one brother and 17 male cousins. Collectively, their main goal in life, it seemed, was to do whatever most people think they couldn't.

Say they can't jump off that roof and they'll be lying on the ground with impacted spines in no time. Clearly, drinking 40 beers in one sitting is impossible, but definitely worth trying. Fitting three people on a snowboard heading for a jump? Completely ludicrous. They'll do it.

Growing up surrounded by boys also taught me that talk is cheap and video games are expensive (but better than talk). When the boys were recovering from their broken bones and overstressed stomachs, there were only three choices for time-wasting activities: *Counter-Strike*, *Madden*, or *Halo*.

Now I enjoy video games. I could play Tony Hawk until the sun comes up (and have). But since my cousins' hearts lay outside in the sun or snow getting into shenanigans, we didn't spend too much time sitting around the TV.

I assumed that this was the case for all young men. I didn't grasp the whole "obesity epidemic" everybody was talking about. The boys I know certainly weren't sitting around getting fat.

But my whole perspective changed when I got to residence. Now I'm actually living with 38 different guys and seeing a much broader cross-section of their daily activities. And there's one thing I've noticed more than anything else: Holy shit, do they ever play a lot of video games.

It's ridiculous. At any given moment of the day, there are four or five guys playing the Xbox or Playstation 2 in my res, both of which have pretty much become public property.

For them, gaming is as automatic as breathing. It's non-stop. They play until they all realize as a group that they have to study or that a Canucks game is on.

My friend TJ even camped outside Future Shop last Saturday night to buy the new Nintendo Wii. This seemed like the epitome of sad, until I played the sports game that came with the system.

That's when I saw the light.

The Wii is a completely new way to play video games. It's closer to virtual reality than any other personal system.

The controllers are wireless motion-sensitive remotes held in both hands. You move and click to make your character run, fight, play tennis, whatever. You actually have to move to do anything with this new system. And it's fun as hell.

The Nintendo Wii has given me hope for the future of boykind. It's nearly impossible to play games on this system while sitting down. I actually broke a sweat while playing the boxing game—my friend and I were jumping around and punching the air wildly in an attempt to beat the crap out of each other through electronics.

If the video game community embraces this concept, this new system may be a precursor to the days when fat video game geeks become fit video game geeks. If they come out with Dance Dance Revolution for the Wii, gamers may be the healthiest people around. It's almost too good to imagine.

Too bad the virtual reality first-person shooting game will most likely set off an entirely new round of rabid "violence in the media" activists. And no one likes them.

Liberal leadership lost for Ignatieff

Supporters switch sides when candidate can't keep comments to himself

by Spencer Anderson

Canada's Liberal party is struggling to find a leader for the next election.

A few weeks ago, Michael Ignatieff was the party's stalwart knight in shining armour—a brainy, fresh, Trudeau-esque, rookie MP with a good chance at becoming the leader of the Liberals in the next election. At the Liberal delegate selection process, Ignatieff captured 30 per cent of the support from the delegates, handily staving off runner-up Bob Rae by 10 points. There was speculation this would be repeated on the second ballot.

But then he opened his mouth with some unpopular ideas.

Ignatieff said he "wouldn't lose any sleep" over the bombings in Lebanon by the Israeli military. Later he remarked that what happened in Lebanon was a "war crime." This promptly caused prominent Ontario MP Susan Kadis, a key supporter of Ignatieff's campaign, to leave his camp and offer her support to Bob Rae instead.

Kadis's resignation from the Ignatieff campaign was the gift that kept on giving for Bob Rae. Not only did he gain a key supporter at his rival's expense, but he had some useful fodder to launch at Ignatieff during the leadership debates.

"Bob, I'm not really sure where you stand on Afghanistan," said Ignatieff.

"Well, for a guy who's changed his mind three times this week on the Middle East..." goaded Rae before being cut of by Ignatieff's hapless cries of "That's not true! That's not true! You've known me for 40 years!"

Not learning his lesson, Ignatieff motioned to recognize Quebec as a nation. Bad idea, Iggy. A recent poll found 42 per cent of Canadians would be less likely to vote for the Liberals if the new leader supports "nation status" of Quebec.

So why would Ignatieff support a motion that can only serve to divide his party? Not to gain support in Quebec. And he already secured most of the delegate votes.

If he supports the motion because he honestly believes it is in the best interests of the country, he can kiss his second-ballot support goodbye. Too many Liberals still remember the Martin-Chrétien feud that issue caused in the 1990 Liberal Leadership Convention to go down that path again.

The damage has been done. Ignatieff is increasingly being regarded as a liability by his own party, as opposed to an asset.

His rivals in the leadership race, meanwhile, are content to sit quietly and welcome his ex-supporters who see Ignatieff as too hawkish or divisive to pose a meaningful challenge to Stephen Harper. As they side with someone who can keep his foot out of his mouth, the race is now Ignatieff's to lose.

Alternative medicine at Café Ceylon

by Rosie Westwood

Amid bamboo walls and a display of hand-painted Sri Lankan china, I experienced curry chicken unlike any curry chicken that came before it.

A whole breast floated in a steaming spinach dal sauce, almost as if in a soup. I came for the comfort, pleasure and nourishment of good food—I didn't know I was also getting medicine.

"We were educated by our elders: food is medicine; medicine is food," says chef Tamara Bailey. When the sprightly Sri Lankan opened Café Ceylon eight months ago, she blended her country's tradition of hospitality and her family's tradition of Ayurveda—the Hindu health practice that focuses on balance in the body through diet, herbal treatment and yogic breathing.

Entering Café Ceylon is like walking into someone's well-appointed home. Purple sheers cover a row of windows overlooking Cook Street and charcoal-grey elephant statues perch on a piano that's used some Saturdays to fill the café with jazz. But it's the hardwood floors, the coffee station and the eclectic collection of tapestry and art that lend a casual, comfy-cosy feel to the space.

WILLIE LI PHOTO

The homey interior of Café Ceylon is similar to a well-appointed living room.

Bailey, petite and quick to laugh, prepares the dishes—a blend of Sri Lankan traditional and family recipes and influences from Burma, Malaysia and Indonesia—according to Ayurvedic principles. The six tastes of sweet, sour, salty, bitter, pungent and astringent must be present in all food and balanced according to the seasons in order to properly nourish the body. The tastes correspond to doshas, or elements, present in every person.

"Not only human beings," Bailey says gesturing out the windows, "mother nature, atmosphere has the doshas, which are, in Sanskrit, vata, pitta and kapha." Vata means air, pitta means fire and kapha means earth (not according to Bailey—according to Ayurveda). Right now is the vata time of year. The air is "unpredictable, cold chilly and people—especially of vata constitution—really react to this time of the year." So Bailey heightens the sweet, sour and salty tastes in the food.

As a child, Bailey's family would look to unbalanced elements as a source of sickness in a family member. They would brew natural herbs and spices or tailor the preparation of that day's food to eliminate the condition.

One could argue that Café Ceylon's recent surge of coverage—winning the title of best Asian-style noodle bowl from the Victoria *Times Colonist* and receiving culinary praise from *Monday Magazine*—is the cause of a drastic upturn in customers, but the success is also likely to be because of the homey atmosphere.

"It's my culture," says Bailey. "Every time a visitor comes to our house, the first thing we ask [is]: have you eaten?"

For Bailey and her business partner and husband, Ken, Café Ceylon couldn't possibly feel any other way.

"This is like our living room," says Ken. "We feel in a way like we're inviting people into our home, and we decorated it with things from our home, all the Sri Lankan pieces." Today he wears a suit and tie, but only weeks earlier he was decked out in a white shirt and rubber gloves as dishwasher while an employee was on holiday. All the staff was hired through the recommendations of the Baileys' son, Nathaniel.

"It's not just a job," says server Joey Drolet. "Without sounding too corny, it's like a family here." The staff sits down together after each shift for a meal, a reflection of Bailey's belief that giving food is a spiritual act.

"To me, to give food to somebody is such an, 'Ahh, I did such a wonderful thing."

Though Bailey has had great success as a chef prior to opening Café Ceylon, the restaurant is the most complete representation of both culture's food and her desire to constantly create. Her award-winning noodle bowl, the Bangkok floating market seafood pot, was something she tasted while travelling in Bangkok.

"I stopped at the vendors, and [an] old woman was making this soup right in the clay pot," she says. "So I bought one. Of course they didn't have salmon in theirs, so I created my own."

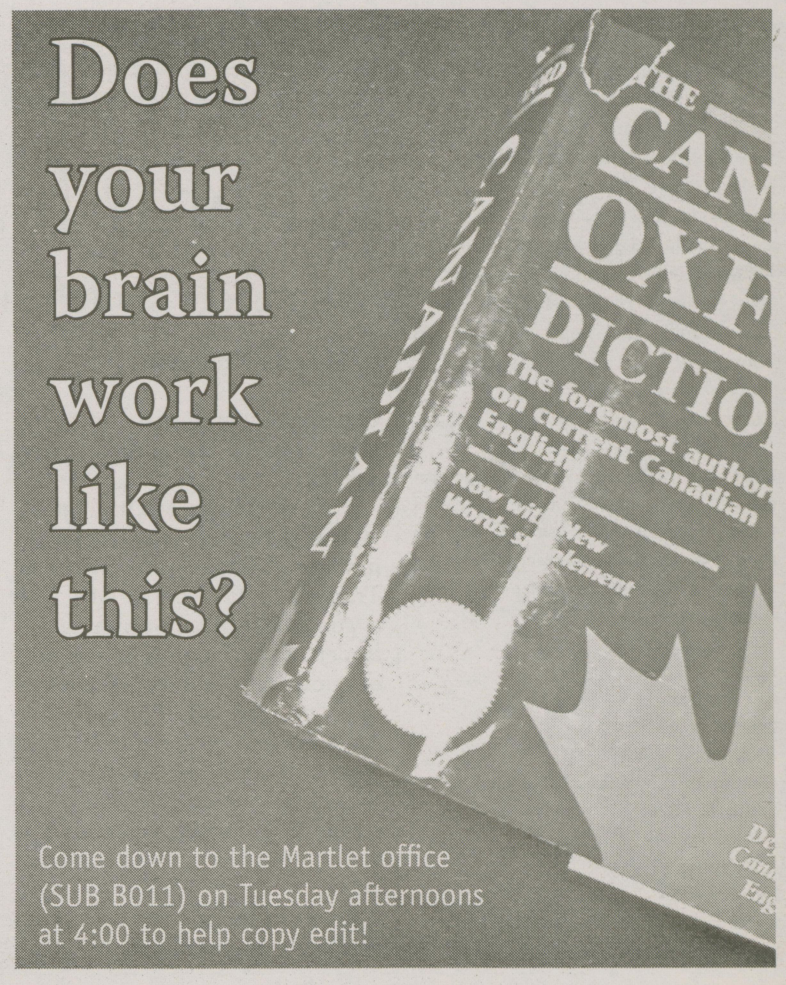
Business has been buzzing since the *Times Colonist* praised the seafood pot.

"She's a superwoman," says my sister and Café Ceylon server Sarah Westwood, and at 10:30 a.m., Bailey has been at Ceylon for three hours already. She excuses herself to rush behind the kitchen curtains and lift the lid off a steaming silver pot.

Ayurveda is not only fundamental to your health, says Bailey, it makes for excellent food every time. In all of her dishes, she knows she's getting that proper balance.

"That's why I'm very satisfied." Not only that, she adds, "When you apply those six tastes to your everyday life, it keeps you young; it rejuvenates you."

If Bailey's girlish vivacity and bursts of giggles are any indication, it's absolutely true.



Male facial cleanser shootout

A look at the best way to keep your manly skin clean, soft and acne-free

by Steve Carey

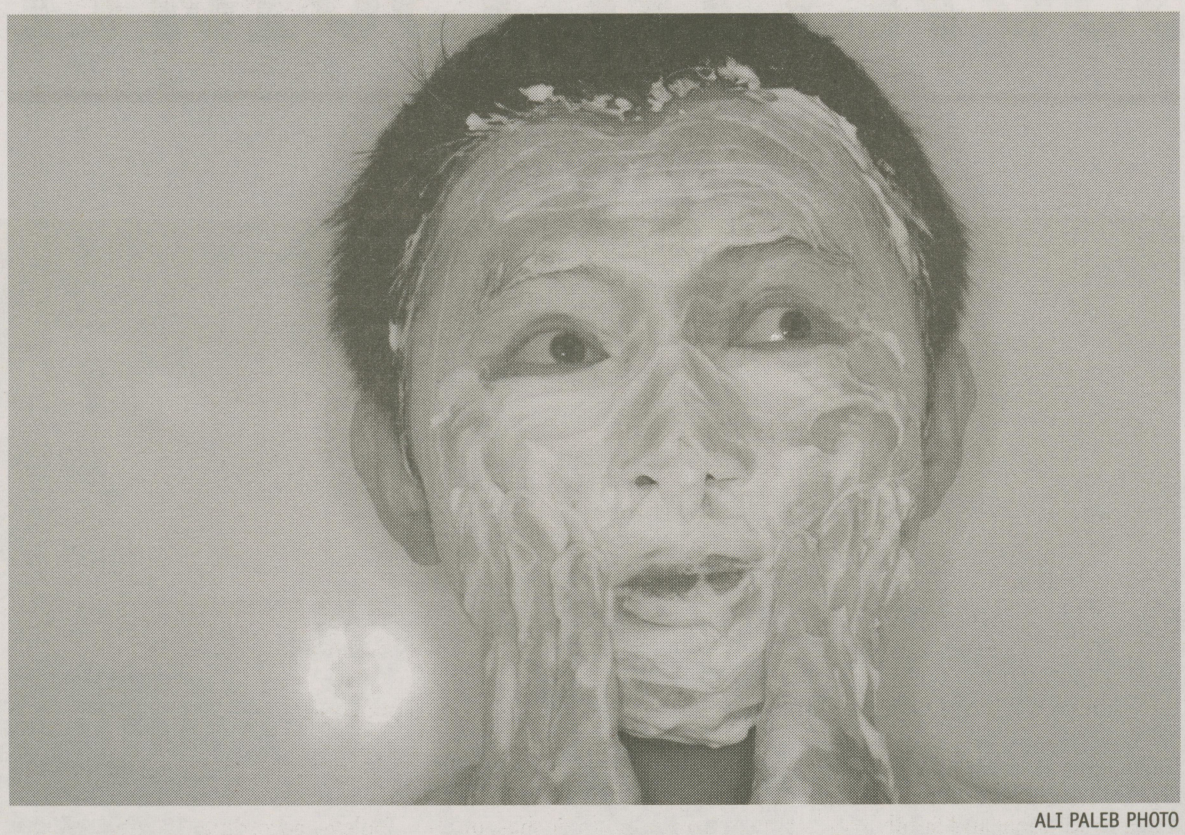
We may not want to use men's facial products, but they're there.

Whether the use of facial cleanser is a product of an addiction to *Queer Eye* or just wanting to take care of your skin, how do we know which ones are worth it when compared to bar soap and hot water?

The problem with most bar soaps is that they have a higher pH level than your skin, so they can clog pores, irritate acne, swell blackheads and encourage bacteria.

The *Queer Eye for the Straight Guy* book states that a good cleanser will wash away dirt without taking away the skin's natural and necessary oils. I say a good face cleanser will prevent zits and not make you smell like lilacs—a hazard in the unisex cleanser field.

I tested one "for men" facial cleanser and two unisex cleansers twice a day, morning and night, for two weeks each.



ALI PALEB PHOTO

A good cleanser should wash away dirt without taking away natural oils.

Nivea for Men: Deep Cleansing Scrub

Price: $6.99 – 125 ml

What should you expect from this $6.99 scrub? Deep cleansing. It's just too bad it has to hurt like hell when it touches your skin—massaging it around your face feels like your skin is coming off. A semi-clear liquid with blue and white lumps that are left on after a rinse, this was the worst skin cleanser in appearance and ease.

When used in the morning before a shave, the blue and white lumpy milkshake felt like it left a residue on the skin even after repeated rinses.

It did remove grime and dirt exceptionally well, leaving my skin feeling dry and squeaky. Existing blemishes seemed oil free. By the end of the test period my face was a little worn and red, and I wondered what was wrong. A quick check of the directions revealed that it should be used four to five times a week—not twice a day.

Aveda: Botanical Kinetics Purifying Gel Cleanser

Price: $19.00 – 150 ml

Bought in a 50-milliletre sampler form rather than in the knock-down expensive bottle, this gel cleanser was soft and welcoming to my Nivea-damaged skin. It foamed quickly and effectively pulled oils away from the skin, leaving my forehead feeling soft and moisturized and my nose clear and squeaky-clean.

The whole Aveda experience was soft and relaxing, making it a nice part of the morning routine. The problem was the scent—Aveda engineers applied their special Pure-Fume aroma, which makes the product smell like the Aveda store. This every-plant-on-Earth smell became choking after several days.

It was easy to shave right after using the cleanser, and if bought with the Aveda toner and moisturizer samplers for around $10 each, one could have a nice little skin-salvation studio set up on their bathroom counter for under $50. This is a holy trinity of face products, but perhaps not to be undertaken by the novice face cleaner who's moving from hot water and a bar of soap.

Neutrogena: Visibly Clear 2 in 1 Wash & Mask

Price: $8.99 – 150 ml

This unisex cleanser healed a terrible bout of forehead acne after two months of boozing and cruising, and for that I am in its debt until the end of time.

The cream cleanser is a 2-in-1: a fast-and-clean daily wash and a five-minute mask, something I've never used. The daily wash gently refreshes with a hint of aloe and cleans the skin better than any of the other products tested. Existing blemishes disappeared quickly and stayed the hell away.

Visibly Clear easily complimented a wet shaving routine, and I even took to bringing it to work for a lunch-hour pep-up.

This is my all time favourite cleanser, and if I take time away from it, my skin explodes into an orchestra of pain.

During the first week of using it, I noticed that certain face cloths and t-shirts were bleaching and discolouring. As it hasn't happened since, I'm going to assume something else was the culprit.

What's your skin type?

Normal: Regular skin type. Slightly dry skin in places, slightly oily in others. Use foaming cleanser with toner and a gentle moisturizer.

Oily: Big open pores, with grease between brows, nose and chin. Prone to zits and blackheads. Use a foaming cleanser, toner and oil-free moisturizer.

Dry: Uncomfortable dryness and tightness, occasionally accompanied by flaking. A cream cleanser paired with a rich moisturizer is recommended. Toner is unnecessary.

Combination: Both prone to zits and blackheads, and uncomfortable tightness and dryness in other sections. Start with a foaming cleanser, and then treat dry areas only with a cream moisturizer.

What is toner, anyway?

Tone is a mild astringent for tightening pores and levelling out skin pH, normally around 5.5. It's supposed to give you a mild glow when you've been using it long enough.

End Result

Compared to hot water and a bar of soap, which are either too harsh or not harsh enough, Visibly Clear is the winner. Not only does the 150-milliletre tube last for months, the price tag of $8.99 makes it cheaper than the galaxy of Aveda products that do the same thing.

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Lessons in Isolation

ALI NIKOLIC PHOTO

The experiences of Sabrina Sparvier, left, and Cassandra Opikokew have helped them understand struggles faced by aboriginal students.

by Jeanette Stewart

REGINA (CUP) — Cassandra Opikokew considers herself blessed. This past year, the 20-year-old has helped with the creation of an aboriginal student centre at the University of Regina, got her name on the Dean's List, made inroads into her career as a journalist—working as a CTV reporter at the Indigenous Games in Denver, Colo.—and become the first aboriginal students' representative on the University of Regina students' union.

At a time when high-school dropout rates, poverty, suicide and incarceration are still staggering among Canada's aboriginal population, there is no doubt that Opikokew is a role model in her community. But she faces a problem that many aboriginals have encountered in their pursuit of a higher education and economic security: along with racism from non-aboriginal people and a sense of separateness from the university community, Opikokew also faces isolation when she goes home.

She calls it "apple syndrome." When Opikokew goes back to her community, her education and experiences draw a sharp line between herself and nearly everyone else—those who haven't gone to school. On the reserve, her education sets her apart. She's a minority; and doesn't fit in anymore.

She's not "authentically Indian, not Indian enough, or I 'sold-out,'" said Opikokew, explaining that "apple" means "red on the outside, white on the inside."

And though she's actively campaigning for aboriginal rights, she still has people within her community who second-guess her motives for getting an education. While that hurts, she feels like what she's doing now will help more than if she did nothing. Supporting students struggling with this isolation is a key to their success in university, and she uses her own experience to help others.

"I know when I graduate I don't plan on abandoning my First Nations community."

In 1960, 60 First Nations people in Canada had a high school diploma. It's an easy number to remember, said Eric Howe, an economist at the University of Saskatchewan who studies aboriginal economic development and aboriginal population.

According to Statistics Canada, in 2001 there were over 100,000 Registered Indians with a high-school certificate. Though Howe said the numbers are improving, 75 per cent of native youth do not graduate from high school.

Howe's most recent study, published by the Saskatchewan Institute of Public Policy, details how aboriginal people in Saskatchewan are lifting themselves out of poverty through education and entrepreneurship much like Eastern European immigrants did in the 20th century.

"The increase and extent to which aboriginal people are seeking an education is truly extraordinary," said Howe.

A generation ago, Opikokew's father was the first person in his entire family to receive a high school diploma and, in turn, a university degree. He was the only First Nations person in his high school graduating class. Cassandra Opikokew was one of several.

Today at the U of R, aboriginal students make up an estimated 12.5 per cent of total enrolment, or about 1,500 students.

The numbers are improving, thanks in part to an increased push from universities across Canada to provide programs tailored specifically to the needs of aboriginal students.

At the University of Saskatchewan, for example, which leads the way in this kind of programming, students can enrol in the Native Access Program to Nursing, which includes access to both elders and cultural counselling.

Aboriginal business education, urban native teacher education and the indigenous people and justice programs are some of the options geared specifically toward indigenous issues at the U of S. The university recently teamed up with the U of R to provide aboriginal-focused health-care studies.

In Saskatchewan, the reasons for such programs are evident—Howe's study predicts that by the year 2050, the province's population will be 50 per cent aboriginal.

While non-aboriginal youth continue to leave Saskatchewan at a rising pace, First Nations youth are staying in the province and having children at a higher rate than the rest of the population.

Sabrina Sparvier is the co-ordinator of the newly formed Aboriginal Student Centre at the U of R. She's been a key figure in the creation of many initiatives at the university, including on-reserve recruitment and the Aboriginal Career Centre. It was through her work that many of the current programs were created and the student centre was formed. Although the U of R has a partnership with the First Nations University of Canada, students on the main campus expressed a need for a space of their own.

Through the centre, Sparvier hopes to provide aca-

"I found that when I came here it was a
I felt like it didn't matter that I was h

Unique challenges for First Nations students generate push for tailored programming

The unfolding initiatives at UVic

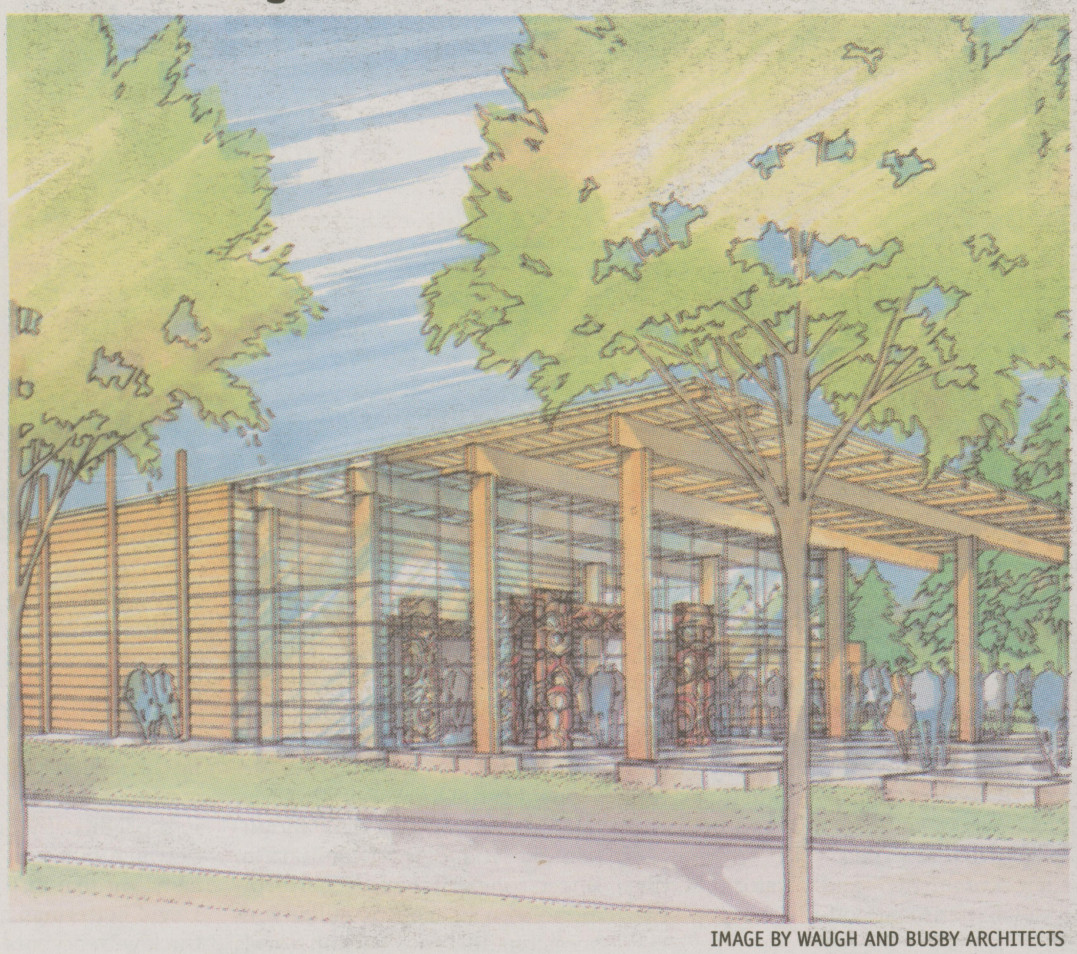

IMAGE BY WAUGH AND BUSBY ARCHITECTS

The recommended site for UVic's First Peoples House is in the centre of the university, between the Clearihue and Cornett Buildings.

The same push sweeping across the prairies for programs geared to aboriginal students can be felt here at UVic.

- UVic's School of Child and Youth Care offers a diploma through First Nations Partnership Programs in Child and Youth Care.
- A certificate program that trains instructors who teach aboriginal languages within their own communities can lead to a UVic Bachelor of Education degree.
- The aboriginal mini-university program for aboriginal high school youth seeks to put post-secondary education on the list for graduating students.
- UVic's proposed First Peoples House would aim to provide a welcoming home for aboriginal students that supports and respects the diversity of their beliefs.

Probably the most important of the initiatives at UVic is a new pilot program, LE'NONET, aimed to make our campus more accessible, supportive, and effective for aboriginal students. LE'NONET's initiatives include student mentoring, research apprenticeships and community internships and partnerships with Vancouver Island First Nations and Aboriginal organizations. According to UVic's Native Student Union, this program, if successful, will serve as a model for other Canadian universities.

demic, emotional and cultural support. She also aims to help connect students with scholarships and funding and to create a mentorship program that pairs high school and university students.

As a first-generation university student, Sparvier is very aware of the different background and issues aboriginal students bring. Her set of struggles is different from Opikokew's, although they have shared that same feeling of isolation from the non-educated aboriginal community.

"I came from a background similar to most aboriginal people," said Sparvier, who was raised in residential schools, struggled with poverty and was the first person in her family to get a degree. The lack of support for aboriginal students while she was in school gives Sparvier the ability to relate to the struggles aboriginal students face in post-secondary education. While other students in her program were still living at home with their parents, she was taking care of her own children and worrying about paying the bills.

"I found that when I came here it was a totally different environment," she said. "I felt like it didn't matter that I was here." This is why Sparvier thinks the centre is so important.

It's important that students understand that they're accepted here, she said. It's important they know that there are people working to build a community for them at the university.

And the U of R is trying. In 2004, it opened the aboriginal student floor in the newly built residence buildings. Hoping for the sense of community that was promised, Opikokew moved there her first year.

"It was supposed to help us feel included," said Opikokew. "That's why I wanted to live there." But she was one of only three other aboriginal students that first semester in residence. It was a far cry from the close-knit communities and large families that many aboriginal students leave when they go to school, something she had a hard time adjusting to.

With trial does come error, but that isn't hindering what Howe calls an "unfolding feast of programs" available to support aboriginal students. At the University of Manitoba, a new aboriginal student centre is under construction, and an aboriginal student office has existed there since the 1970s.

At the U of S, there are more programs for aboriginals than at any other university in Canada, and the U of R has also placed these initiatives at the top of their list. It has been able to open the new centre through partial funding from provincial Crown Corporation investments in Saskatchewan.

"Saskatchewan, as it's been pointed out by other people, has no higher social priority than furthering economic integration of aboriginal people into the economic mainstream," said Howe. "Education is part of that."

Also important is countering many of the myths that surround educational incentives for aboriginal people. One such myth is that all aboriginal people receive funding from the government. Aboriginal is a homogenous term, explained Opikokew. She herself is First Nations, and First Nations people receive funding from the government. Metis and non-status Indians do not. Only registered "status" Indians are funded by the federal government. These funds were capped at "nominal dollars" under the Mulroney government, and haven't changed with the increasing costs of education, said Howe. Opikokew believes the notion of a bottomless barrel of funds for First Nations students needs to be re-examined and said, "It's not just free money that we get and we go nuts."

Currently, the money given by the federal government is designed to cover the cost of tuition fees and books. Money may also be administered for the cost of living, depending on circumstance. Daycare and rent subsidies, on the other hand, were removed from the program in 1988 and eligibility criteria were tightened.

Band funding is also an option, but is often limited because there are many requests for it.

Unfortunately, scholarships and grants for aboriginal students aren't often accessed, said Sparvier, because students think they are only awarded for high marks, when, actually, they are often needs based. Sparvier estimates that about 30 per cent of non-status aboriginals at the U of R access student loans.

Funding and programming aside, one of the biggest barriers for First Nations students is simply staying in school. Many aren't prepared to face the sense of isolation they feel in their own community when they get a degree, and others just don't find the support they need to make it through.

"They feel alienated by education, they feel alienated by higher learning, alienated by the non-aboriginal community," said Opikokew. "That's why the ones who are blessed, in the same position as me, need to get up there to speak."

as a totally different environment.
is here."

- Sabrina Sparvier

WESLEY SCOTT PHOTO

Tokyo Police Club lacked the charisma to captivate the audience on Nov. 16.

Police with pop sensibility

by Wesley Scott

Let's face it: there are a lot of people who like indie-rock music nowadays. Little seems cooler than an independent band that plays emotional pop-rock songs about global issues, robots and the future—especially if they've got an obscure name.

Tokyo Police Club definitely fits within this trend, and it does really well. It offers a fun kind of sound that combines elements of alternative New York-styled rock 'n' roll with electro-pop riffs and expressive lyrics. In other words, it provides a good synthesis of popular elements of modern indie music.

It's too bad, however, that the band doesn't offer anything unique that sets itself apart. Tokyo Police Club presents a polished and fun sound but it just doesn't seem to present anything different or better than what is already out on the indie scene. The band's show at Logan's Pub on Nov. 16, did not seem to have the charisma it took to entirely captivate the interest of the crowd.

It would be hard to say if the band would have had as good a turnout if they were performing alone. Many people came to see the performance of the indie-prog-rockers of Italian Edition, who opened and who know how to engage the local scene. Tokyo Police Club may not have been at their prime after touring for three weeks in the United States, and it was clear that at the Victoria gig they did not set themselves apart as the main attraction.

Still, Tokyo Police Club is a fun band, and their new EP, *A Lesson in Crime*, is worth picking up. It's a well-produced album, especially for an indie group, and great to drive to. Tracks like "Citizens of Tomorrow" and "Nature of the Experiment" offer good pop sensibility.

It's not every day one gets the chance to hear indie-rock of this calibre, but it's questionable if Tokyo Police Club has what it takes to make an impact on modern music.

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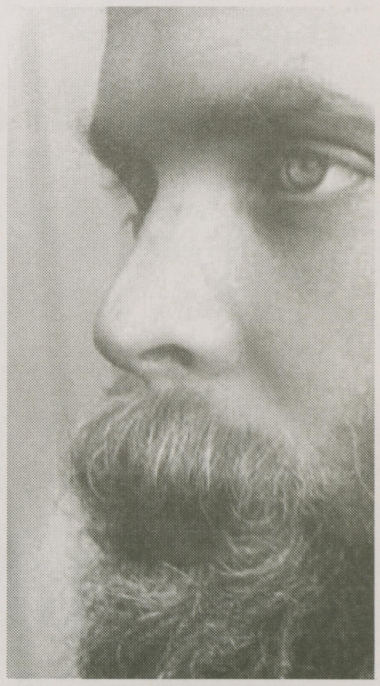
Bonnie 'Prince' Billy drops indie on its ass

by Matthew Lundy



PROVIDED PHOTO

Will Oldham is Bonnie 'Prince' Billy.

These days you're more likely to watch a show sitting in a cushy chair at a performance hall or church than amongst a dark, sweaty crowd in a sticky-floored bar.

Bonnie 'Prince' Billy's show at the Alix Gooldin Hall Nov. 12 was a perfect example of this trend.

Within the past year, artists such as Sufjan Stevens and Andrew Bird have brought their brands of orchestral pop into more conservative venues where the likelihood of drunken people dancing on your feet is severely decreased, and the only alcohol being consumed is by the artists themselves.

The performance hall seemed like the ideal place to host Bonnie 'Prince' Billy—one of Will Oldham's best-known monikers—on Nov. 12. Its massive stained glass windows, wooden pews and colossal organ provided a contradictory backdrop to the freaky folk music, creating a haunting tension between the artist and his environment.

Opening the show was Steve McBean of Vancouver's Pink Mountaintops and Black Mountain in singer/songwriter mode, performing solo on an acoustic guitar with occasional delicate backup vocals courtesy of a cowboy-boot-wearing songstress.

The set was full of finger-strumming and repetitive chords, evoking a newfound spirituality in McBean's songwriting and a clear departure from the sexed-up lyricism of the Pink Mountaintops' first release.

McBean's voice—and greasy-haired, bearded look—was that of a weary traveller, passionate and tired when singing, "No, I'm not headed down the highway to hell" in Axis of Evol's "Comas."

The arrangements ranged from the lullaby melody and plodding of "How We Can Get Free" to the lengthy closer "Slaves," rich in Eastern influence. The simplicity of an acoustic performance made his songs sound the same, and one couldn't help but wish the rest of his band were around or that he would attempt his saucier numbers "Sweet '69" and "I (fuck) Mountains" to grab our attention.

Take everything you hear in Bonnie 'Prince' Billy's recorded output, then exaggerate those qualities, and you've got what his live performance was: Oldham's backwoods folksy voice was stronger and yelped with the range of ten rolling bluegrass hills, the alt-country sound twanged with more country than alternative, and the more experimental fare proved bigger and badder than the expansive space of the venue.

Even his eccentric persona was on full display. His Midwestern jigs brought his feet off the ground, curling behind his body like a vine in the lights. The mumbled banter between him and his keyboardist came off like a strange version of David Letterman and Paul Shaffer, thick with accents and little enunciation, to the point where we had no idea what they were saying but laughed anyway.

Opening the set was "Wai," a song that illustrated the contrast between Oldham's hushed recorded voice and his live performance where he belts above his five-piece band. The rollicking melody of "Strange Form of Life" was even more hypnotic and haunting. Music emanated from Will Oldham's body, whether he was stretching his legs, foot-in-hand, or fluttering his hands as if explaining his lyrics to the audience.

The second half proved tiresome, as the band settled into a batch of country songs that lacked the variety of genre-crossing present in the first half. Perhaps we're conditioned to hearing new material by artists who are touring in order to promote a new album, but the lack of songs from his latest offering was both puzzling and disappointing.

Unique is a term that gets thrown around too easily, but there was no doubt after Sunday's show that we had witnessed a songwriter unique in presence and personality. Despite the monotony of the set list, the show was punctuated by moments of brilliance and shed light upon one of indie-rock's most revered voices, reverberating in the recesses and dark corners of the performance hall.

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Victoria director puts photography on the big screen

by Josh Szczepanowski

A Chinese factory floor over one kilometre long is one of the startling images captured in *Manufactured Landscapes*—the most recent documentary by Victoria-raised filmmaker Jennifer Baichwal.

The feature-length film, which plays at Cinecenta from Nov. 19 until Dec. 2, follows photographer Ed Burtynsky through China as he photographs the industrial wasteland Baichwal says the country is headed toward.

Recently we spoke with the International Emmy-winning Baichwal and asked her to describe what it was like working with Burtynsky, what her film is really about and why it is important for UVic students to see it.

***Martlet*:** You worked closely with Ed Burtynsky on this project. Tell us a bit about him.

Jennifer Baichwal: Ed Burtynsky makes large-scale photographs of the things that we do to the planet by living in it—photographs of recycling yards, manufacturing plants, dams, quarries—which are the literal "hole in the ground." They're huge prints, and the details are extraordinary, and they are aesthetically very seductive.... But then you do a double-take—you're looking at these beautiful photographs, and you think, "Gee, that could be just an abstract colour thing," and then you go in closer and realize that you're looking at oil filters or cubed metal or seas of tiny plastic toy parts.

M: Why do you think his photographs work so well in your film? What made you choose to work with him?

JB: His photographs manage to shift your environmental consciousness in a very non-didactic way, in an indirect way—that's what drew me very much to this. There are many existing environmental discourses that have failed because they are too polarizing. In his case, because there is a sort of fruitful ambiguity in those photographs, you start thinking about things differently. We tried to use his photographs as a sort of starting point and then extend the narrative from large-format into the medium of film.

M: You've already made a film about a photographer—how is *Manufactured Landscapes* different?

JB: This isn't a film about a photographer. If we just made a film about photographs and said, "Here's this person, and here's his photographs, and here we are," then that would be a failure to me—I mean, what's the point really? I'm not interested in doing a biography or a portrait of an artist.

M: Do you think your film portrays China fairly?

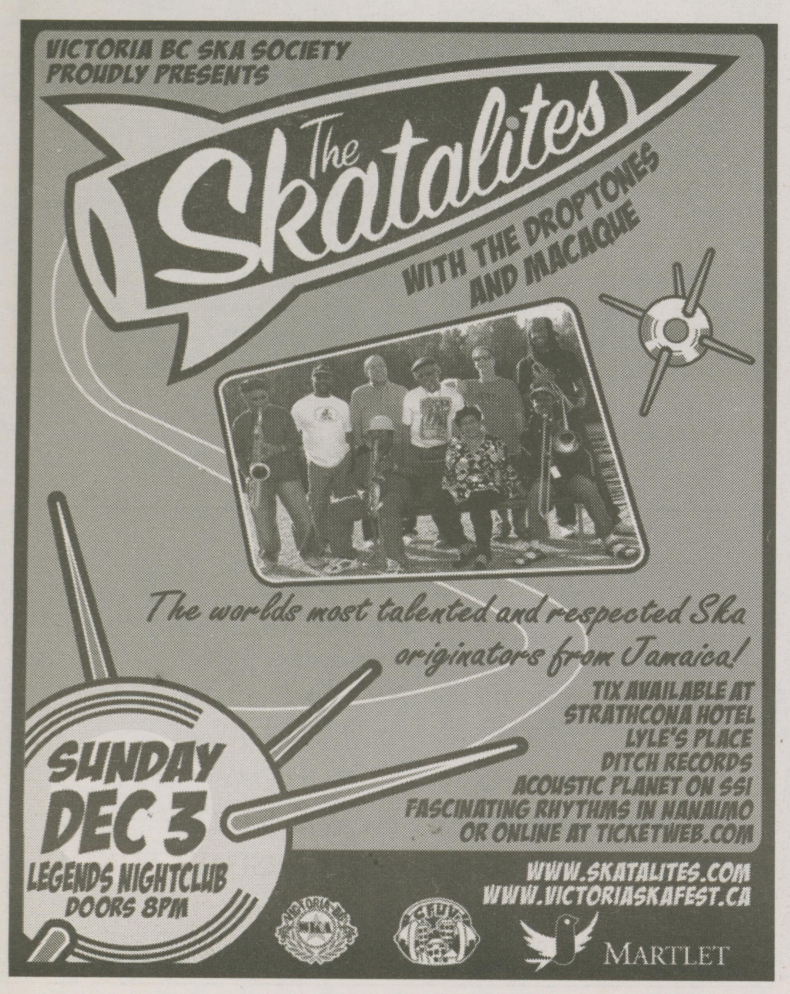
JB: The film's not about China, and it's not meant to say, "Isn't this bad what's happening in China, what China is doing?" It's meant to make us meditate on our implication in this industrial revolution—in other words, our consumption of everything that is made in China, the whole cycle of consumption of waste and everything that we throw away. It's sort of an archetype of our own industrial revolution because they're doing everything that we did, which is industrialize, make a huge mess, make money and then clean up later when you have the technology. The problem is, because of the scale, China may never have the technology to clean up later.

M: Why do you think it's important for students, in particular, to see this film?

JB: I think that the formal sort of environmental discourse is failing. I do think that people are thinking a lot about sustainability and trying to find out something that allows them to live in the world in a normal way. What's important is trying to find ways of being sustainable without falling into despair over how dire our situation is.... This film is really trying to awaken consciousness about our own impact—and changing consciousness is the first step towards changing behaviour.

EDWARD BURTYNSKY PHOTO

Edward Burtynsky's photography, such as "Bao Steel #8" shot in Shanghai, China, is the focus of *Manufactured Landscapes*.



PROVIDED PHOTO

From left to right: Tim D'Eon, Paul Murphy, Jud Haynes and Loel Campbell of Wintersleep.

East Coast band predicts a legacy of empty riders

by Jessica Smith

Wintersleep doesn't strive to shape the new direction of rock music, or even that of their new album, but their Dec. 2 show at Logan's should be full of East-Coast love.

Wintersleep is a bar band that specializes in emotional rock. They don't push any boundaries but have an avid Canadian following. Lead singer Paul Murphy doesn't have high hopes for their musical legacy.

It will be "lots of empty riders and beer bottles," he says. "No, I don't know what our legacy would be. Hmm, hopefully people will still like our CDs in 10 years—I guess that's only thing you can really ask for."

When asked about fans' personal reactions to his music, he says, "CDs are generally really nice things to put on in the background." He's a fan of The Flaming Lips and Sonic Youth, two bands Wintersleep played with in Montreal in September.

They begin an intensive three-week tour on Nov. 22, but Murphy says keeping his emotions running high onstage night after night isn't difficult.

"I think it's, the amount of driving that we, do you end up feeling pretty numb, so the shows end up being this sort of outlet," he says.

After the tour is over, Wintersleep will be going home to work on a new record for two or three months. The band's first two albums are both self-titled, but their 2005 album is more aggressive than their mostly down-tempo 2003 album. Murphy couldn't give a definite answer to what their next release will sound like, and if there will be another new direction in the band's sound.

"You know, it's all songs, it's all songs. It's all song based-songs, you know. So I don't know, it's similar, but obviously we definitely like writing different types of songs, songs that sound different than we've done before," he says, adding that the band will be playing their new songs on the next tour.

The Dec. 2 show at Logan's will be Wintersleep's third in Victoria, and Murphy says it should be very much like the last two. He says we can expect "Lots of love, lots of East Coast, heartfelt love in the air. Rock music. Some nice music to listen to and a fun show."

The last time he played a show in Victoria, Murphy said a girl from Nanaimo made the band Nanaimo bars and brought him a '70s Montreal Canadiens jersey.

"She knew that I liked them, because the first time she was there, I told her that I liked the Montreal Canadiens a lot."

According to Murphy, coming to the West Coast is one of his band's top priorities.

"[We're] really excited about it, [it's] definitely one of our favourite spots in Canada," he says. "It's a shame it's so far away, so friggin' far."

D for destiny

Tagline for 'the greatest motion picture of all time' not a lie

by Josh Szczepanowski

To anyone who has ever been in a band, *Tenacious D: The Pick of Destiny* hits close to the heart as two larger-than-life heroes fight their muse, fight the man and fight each other only to realize that hard work and tenacity aren't enough to make it to the top.

In *The Pick of Destiny*, Jack Black and his brother-in-arms, Kyle Gass, dive well below their B-list station as actors to become what they were in reality 12 years ago—a struggling band called Tenacious D looking for its big break.

After receiving guidance from two strangers—an understated Ben Stiller and an over-the-top Tim Robbins—Tenacious D decides to journey to the Rock 'n' Roll Museum to steal a magical guitar pick that has been put under lock and key, so that they can win the following week's open-mic contest at their local dive bar.

The Pick of Destiny covers the same ground as Tenacious D's short-lived HBO comedy series, and anyone going to see the film should check out the HBO series first, as there are many returning characters and plot lines.

The plot will be familiar to almost everyone, since it's the same story as any number of musicals. That familiarity is what makes it so successful—instead of trying to be something new, *The Pick of Destiny* just gives us what we want. It doesn't challenge, it doesn't teach, it just entertains. There is but a single lesson: "Satan isn't in a guitar pick.... He's inside each of us."

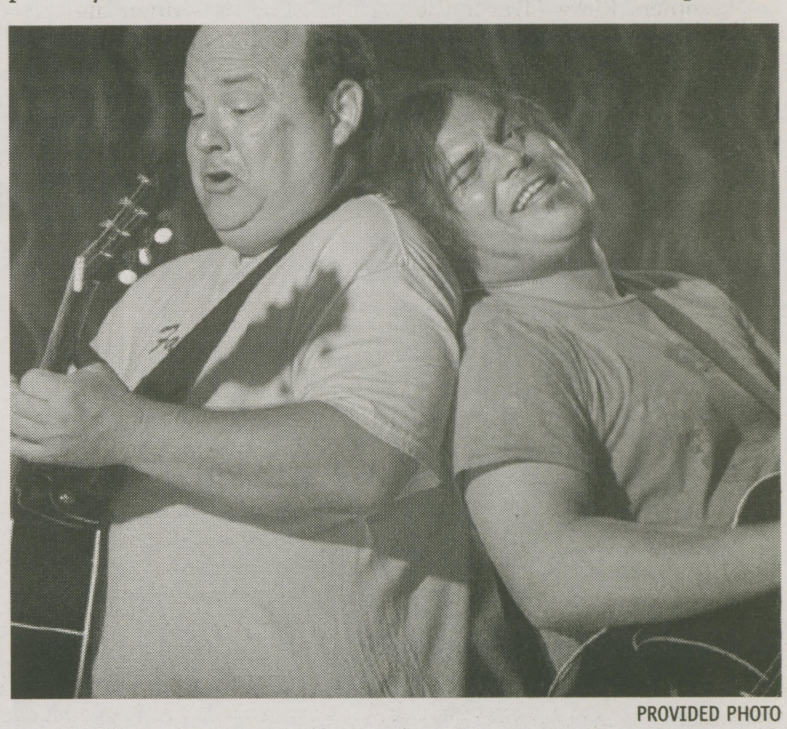
Jack Black is a lot like Harrison Ford. Aside from being rakishly handsome, he has in his repertoire precisely one character, and whenever he does try to step outside of it (see *King Kong*) he comes across as stiff and unbelievable. Because of this tendency, *The Pick of Destiny* is a return to form that he slips into like a well-worn gig bag. It is a role literally written for him, and he is a delight to watch for once. None of his posturing and petulance comes across as forced, since technically he's not even acting.

Likewise, Kyle Gass, having stuck by Black's side through thick, finally gets a chance to step out from his shadow as both a wise old teacher and a wide-eyed simpleton.

This movie is brilliant because Jack and Kyle are playing themselves in a story they wrote surrounded by people and characters that they love, and it rings gloriously true.

The soundtrack, surprisingly, is the weakest link. There are some great tunes in here, but nothing as immediately catchy as the songs on Tenacious D's self-titled first album. On the other hand, Meat Loaf is nothing short of amazing, and words cannot describe the *Masterpiece* song, played at the climax of the film to battle the devil (an unrecognizable Dave Grohl). There are also some choice classic-rock cuts in the film. At one point, The Who crashes triumphantly over a cleverly implemented Indiana Jones reference, causing cheering pandemonium in the theatre.

If you're a fan of rock 'n' roll, cars, babes, beer, hilarious fat guys, action, adventure, psychedelic drugs or the Sasquatch—go see the movie. *Tenacious D in the Pick of Destiny* isn't just a list of things the band has done in the past—it's a chronicle of their rise to power, and I can't wait for the sequel.



PROVIDED PHOTO

Kyle Gass and Jack Black of Tenacious D.

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WESLEY SCOTT PHOTO

Sons of Butcher rock out with the head of a decapitated cow.

Sons of Butcher hams it up

by Nicole Lewis

Clad in spandex, fishnets and headbands, Sons of Butcher served up a juicy slab of comedic rock to a hungry crowd at Lucky Bar on Friday night.

On tour to promote the Sons of Butcher cartoon on Teletoon and the accompanying CD, "Meatlantis," brothers Ricky (Trevor Ziebarth) and Sol (Dave Dunham) Butcher hammed it up onstage alongside friend Doug Borski (Jay Ziebarth).

Much like Tenacious D and the Trailer Park Boys, the Sons of Butcher perform all their shows in character, singing cover tunes as well as songs pulled from the show itself.

The cartoon, which is a blend of animation and live-action (the characters' bodies are animated but their faces are real) is a gross-out comedy in the vein of South Park. It revolves around the lives of the orphaned brothers—Ricky, who dreams of being a rock star, and Sol, who wants to take over his late father's butcher shop—and their wacky pal Doug.

Listening to lyrics is sure to evoke laughter, with topics ranging from Bigfoot to having sex down by the river. The trio's most popular song, "Fuck the Shit," had the small crowd madly singing along and the encore—a cover of the Pussycat Doll's "Don't Cha"—left everyone in stitches.

The show is written and produced by Dunham and the Ziebarths, who admit that they were lucky to convince the network to fund them. Although Jay Ziebarth has some training in animation and all three have been in and out of rock bands, they were newcomers to the world of TV when they managed to win over producer Max Smith (*The Red Green Show*) and Teletoon by "coming to a producer's meeting in spandex" and performing as the characters.

They are hoping to break into the American TV market, but until then, they are planning season three of the show. Trevor Ziebarth is confident that the comedy will appeal to Americans, for the show has "a unique voice that's not necessarily Canadian."

"I'd like to do the show for at least five seasons," he says. "After that I think I'll be ready to move on to the next thing."

The band—which also features "Crystal Balls" on drums—is nearing the end of a cross-Canada tour that brought them to Victoria for the first time.

The small stage barely held the dancing robot pigs in clown costumes, racks of fake meat and smoke-pumping animal skulls.

Dunham and the Ziebarths clearly enjoy being a "piece of the show come to life" and "free range to be an idiot" when performing. Even when there were technical problems onstage, it was portrayed as part of the act. When the microphone came apart in Ziebarth's hands, he kept going, working it into the show for laughs.

And the antics onstage pay off. While the music may not sound very different from countless 80s-glam-rock bands, a close listen to the lyrics sets the band apart. The humour is proudly low-art and not afraid to push the limits.

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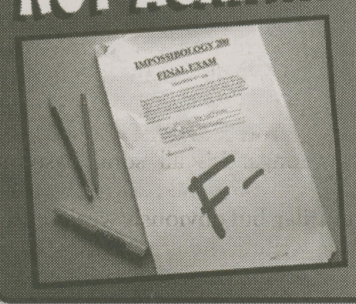
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CD REVIEWS | BASTARDS AND VISCERAL HATE

by Martin Hazelbower

Paul Simon
Surprise
Warner

He's not old—and it's hard to understand, because he'll be 65 in a week. Paul Simon's restless after coming this far, and that means everything.

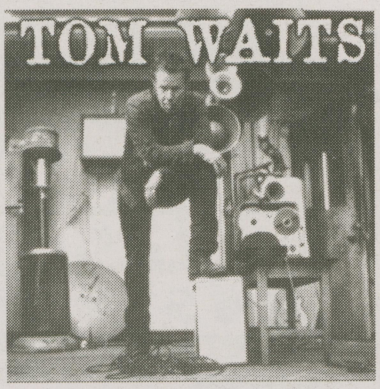
These songs are new—not because he just finished writing them; they're new because they sound like nothing Simon has ever done—call them snaky epics in miniature, call them four-dimensional pop.

Albums such as *Hearts and Bones*, *Rhythm of the Saints* and even the epoch-thundering *Graceland* drifted, mused lyrically and juxtaposed bizarre symbols to sneak deepest human insights through the back door. On *Surprise*, though, Simon speaks plainer than he has for decades. Like Ray Bradbury with a guitar, he waves around everything that's great about Western civilization, rattling ideologies and loving his family, joyously putting the sense right out in front.

Weathered without ever being weary, eternally bemused at strange little ecstasies, Simon sings like a hermit guru who just figured out how to levitate and doesn't mind not knowing how to land.

His friendly war on complacency translates here into non-linear structures that rarely make use of verse-and-chorus arrangements. Their repeating motifs emerge in unpredictable ways, but these intricate, thoughtful and unpredictable songs feel like straightforward pop when you're inside. Contemplative and mellow, they aren't funked-out radio tunes like *Graceland*'s, but they lead you in. He's moved on from even his famed world beat explorations. Superficially, Simon experiments with subtle electronics (dials well spun by the celebrated Brian Eno) but the instrumentation rarely takes centre stage. The music works as a means of texturing and reinforcing his emotionally nuanced voice.

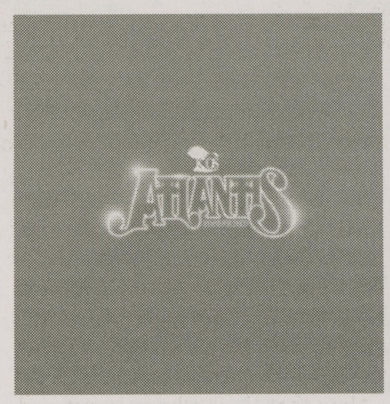
Not old. Wise. Just call him wise, because he's young enough to rejoice that he hasn't lost it and to go look for it anyway.



by Leif Nordholm

Tom Waits
Orphans: Brawlers, Bawlers and Bastards
ANTI-

Tom Waits does not fail to satisfy in his latest release, *Orphans: Brawlers, Bawlers and Bastards*. Waits, the famed eclectic noir, defies sensibility yet again in this production. The staggered 56-song release is partially pre-existing, with snippets from shows and an omnifarious offering of new, original Tom. He begins with the deceptive rock formations "Low Down and Lie To Me." Throughout the first disc, a strong but subtle heartbeat echoes stylish, adult melodies. But midway through, he strikes up the carolers for a stunningly demented "Good Night Irene," and by the third disc, we are uncomfortably reintroduced to the types of Niflheim nosegays that distinguished his art in Bone Machine. The great roadside attractions in these discs, however, are his spoken-word pieces. His past prosimetrical ponderings do not prepare us for the Agent Smith eloquence of "Army Ants" or "First Kiss"; nor is there a precedent for his less fictional "Dog Treat" or "Missing My Son," jokes so jovial they would be right at home in a Dry Branch Fire Squad show. "Road to Peace," a non-candid cry through a prison of American newspapers, is also uncommon in Tom's canon. More familiar ground is still present: he provides us with successive injections of easy-to-love, hard-on-the-ears, piano-and-whiskey libations in "If I Have to Go," "World Keeps Turning" and others. Also familiar is his use of gospel influence, the cockeyed treatment of which always keeps me guessing. Culturally rich folk tunes such as "Long Way Home," "Two Sisters" and the doctored darling reminiscent of "Hillstomp, Ain't Going Down to the Well," leave me wondering if Tom went hitchhiking in the hills of Arkansas. Take a look at anti.com for liner notes and Tom's introduction to the work. If this album of orphaned prodigals flops, it's because the world wasn't ready, a phenomenon I'm sure Waits fans are used to by now.



by Kevin Ehman

K-os
Atlantis: Hymns for Disco
EMI Canada

Life is good for Kheaven Brereton. The man more commonly referred to as K-os has won Junos and Much Music awards, been nominated for a Grammy, and, oh, released three critically acclaimed albums.

His latest, *Atlantis: Hymns for Disco*, is many things: hip-hop, reggae, soul, even punk.

While producing a variety of styles that certainly has its share of highs and lows, one thing remains constant—K-os is in a league of his own, relentlessly keeping it fresh and unique.

Possibly the most innovative producer/MC in the Canadian musical landscape—save perhaps album guest Buck 65 (who appears on the standout track "Ballad of Noah")—K-os returns with his most varied collection yet. Atlantis opens with the lead single "Electrik Heat—the Seekwill," a straight-up b-boy banger that showcases K-os's skill as a traditional rapper and his love for a fast beat with ridiculous scratch patterns.

Other prominent songs include the big-beat sing-along "Sunday Morning" and the Wu-Tang-inspired guitar-laced "AquaCity Boy." And while these tracks and others place this album far above his contemporaries, there are a few deviances: "The Rain" is an R&B attempt by the otherwise versatile artist that comes off sounding contrived and not quite able to reach the same level of vocal range mastered by Cee-lo of Goodie Mob and Gnarls Barkley. Also, "Valhalla," featuring Sam Roberts and Kevin Drew of Broken Social Scene, doesn't deliver on its potential, considering the talent involved.

Regardless of a few sub-par songs, Atlantis is a solid effort from Whitby, Ont.'s finest export.

True artistry in the form of superior production and complex lyricism is a rare quality in the modern rap panorama, but K-os has it wired.

They say life is lonely at the top, but be sure that he will have plenty of company in the form of the accolades he is bound to receive.

---

by Laurie Graham

Ed Harcourt
The Beautiful Lie
EMI

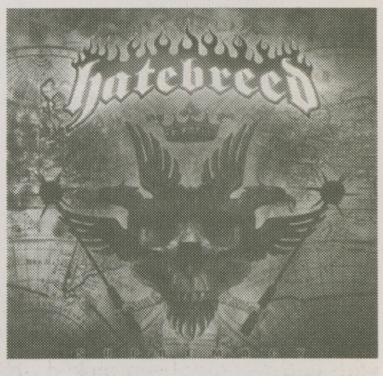
Ed Harcourt is a prolific, nattily attired, syrupy-voiced bastard.

The Beautiful Lie is his sixth release in as many years. This not-yet-30 Sussex lad has already lived many musical lives: former bass/keyboard player for punk pop band Snug, as well as backup musician for R.E.M., Neil Finn and Wilco.

This album is a glorious tableau chock full of contradictory sounds made cohesive by a masterful singer/songwriter. There are daubs of Brit-pop dreaminess and flourishes of Tom Waits's freak-show theatrics. Harcourt anchors all this with a voice that can only be described as Jeff Buckley-esque, maybe even Rufus Wainwrightish, soaring and whispering from one moment to the next, providing the skeleton on which the disjointed flesh of each piece can rest.

His lyrics are both despairing and hopeful, both personal and voyeuristic, making each song curiously intoxicating to the ear. A wealth of instruments occupies this album, and each song carries its own ethereal weight. "Until Tomorrow Then" is a teetering, string-heavy waltz. "The Last Cigarette" is a heart-twisting acoustic tale. "Shadowboxing," by contrast, is singsongy, breathy and bass-heavy, with a determined, punchy downbeat.

Harcourt's small but dedicated fan base is slowly growing, but *The Beautiful Lie* strains against its borders, asking for, and inevitably receiving, your ear.



by Michael Nussbacher

Hatebreed
Supremacy
Roadrunner

Well, it's clear that no one can ever accuse Hatebreed of selling out. After four albums, they're back and they're still pissed off. The good old metalcore elements of rusty chainsaw guitars, tonsil-tearing screaming and serious rage issues are present again in their latest effort, *Supremacy*.

It would appear Hatebreed is sick of thinking up cryptic metaphors in which to encode their angry message, so they've made sure their song titles and lyrics cut right to the point. For example, "Destroy Everything" features front man Jamey Jasta happily informing the listener that everything in the world must be destroyed. On "Defeatist," he screeches his disdain for defeatists and describes precisely what a defeatist is ... and then insists that they too must be destroyed. Get the picture?

As usual, Hatebreed shows no intention of evolving their sound, but that's their shtick, deal with it.

Believe it or not, *Supremacy* delivers a generally positive message through all the vows of hatred and visceral fury. It has more to do with overcoming negativity and obstacles in achieving supremacy on one's own terms. In other words, kickin' ass and taking names.

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Idle Sons rock the Canuck tux onstage

by Brandon DeLyzer

PROVIDED PHOTO

Three Days Grace, Theory of a Deadman and Idle Sons (shown above) are coming to Victoria on Nov. 26.

If you're a fan of Three Days Grace, Theory of a Deadman and Mobile, you should know that Idle Sons is joining the powerhouse lineup on Nov. 26 at Save-On-Foods Memorial Centre.

The band has been swimming upstream to put out *Sixteen Seasons*—their major-label debut record, which took four years (16 seasons) to release.

Over the phone, drummer Ryan Barkwell told a short version of the quartet's long haul to playing sold-out shows with some of Canada's heavyweight bands.

Although generally unknown in Victoria, Idle Sons has been rocking with ferocity since the band members met in high school under the name of SlurpyMundae.

"We were really young," said Barkwell. "It was just a fun thing to start with, but then we got signed, five days after we graduated, to Atlantic Records." So the boys packed up and headed to Los Angeles, where they recorded for six months next to Billy Talent, who had recently been picked up by the same label.

Their album, which they were going to call "Hell or High Water," was continually delayed.

"They kept telling us one more month, one more month," said Barkwell. Two years later, Atlantic Records merged with an Internet company, and Idle Sons was dropped.

But the band didn't pack it in. Instead, they kept touring across Canada on their own cash with bands such as Rocket Face and Seether.

"We paid to play for so long," said Barkwell. "Touring costs a lot of money. You're broke. All you get is booze, so if you don't drink it all you feel like you got ripped off."

So Idle Sons kept gigging hard and drinking hard, and it paid off—the band signed a deal with EMI. After four years of waiting, Idle Sons headed over to Vancouver to record with Gggarth (Garth Richardson), the whiz who's recorded such bands as Rage Against the Machine, Atreyu and Hedley.

Now that their album is out and their first single, "Tell Me," is frequenting radio stations and MTV, Idle Sons is pumped to get a break from touring in the near future.

"We've slowed down now," confessed Barkwell. "We don't drink for shows anymore. We're focused.

"I've been planning on going nuts after our show in Victoria. I'll take whatever you throw at me." After Victoria, the boys will head back east with Marianas Trench.

The band's video shoot had nearly 70 wardrobe changes. The guys got to keep most of the outfits, but you can count on seeing Barkwell at most shows and the 2007 Juno Awards wearing a "Canadian tuxedo."

Rodney Farva coined the Canadian tuxedo in the movie *Super Troopers*. It consists of a denim jacket and denim jeans. "I'm even making a denim tie," boasted Barkwell.

So make sure you show up early on Nov. 26 to watch Idle Sons open up a bound-to-be solid rock show. Don't forget to strut the Canadian tuxedo, either.

EUGENE MENDELEV PHOTO

Butoh is a Japanese form of theatrical dance and the style of SATCo's latest production.

Riyoku Butoh bares almost all

by Steve Carey

A dozen nearly naked white-painted people were tinted with soft blue light, droning, moaning and stumbling around. Their shoulders were slouched and their genitals were covered with only a tightly wrapped piece of cloth, a Japanese fundoshi.

This was the introduction to the Nov. 9 performance of *Riyoku Butoh*, the seventh show of the Student Alternative Theatre Company (SATCo) season.

Butoh, a Japanese dance, is typically referred to as grotesque, playful, provocative and spiritual. Some don't consider it a true dance, but rather a strange kind of theatre.

Conceived and directed by UVic theatre student Ingrid Hansen, the production was built by the 12 cast members throughout their rehearsal process.

The audience surrounded the dancers in a theatre-in-the-round-style performance. Music moved from electric piano to classical. During the course of the show, the dozen dancers contorted, warped, caressed and flung their bodies in unison, building a unique version of the life process.

"It's really a different experience to be naked and painted," said Hansen. "It's like a full body mask, like you're wearing a costume."

The story was told through semi-connected vignettes acted by either individual dancers or groups of dancers. During the course of the play, one dancer sat as an outsider to the action, shivering and eventually falling over, while the other members of the troop plodded, fought and evolved.

One of the most striking physical scenes involved a one-on-many standoff where members of the cast started by crawling with their muscles and pulsing veins visible under the lights. They began to walk upright, then charged in a stomping run, forming a 10-person hard-charging platoon.

One of the Butoh characters couldn't crawl as fast and was pushed out of the way. She was ignored and thrashed by the changing members of the troop on their repeated passes.

She stood up to them, knocking them together to build a centipede made up of the dancers flung over one another. The centipede stomped around the stage until breaking apart into its segments.

There was no set, but the lighting represented forests, the sun, the moon and even a TV.

The show was built in what first-time SATCo director Hansen referred to as "collective collaboration under a dictatorship." Cast members and director would come to rehearsal with ideas and then work them into the show.

"It's so incredibly different to have a concept in your head and to try to create it with all of these different bodies and people," said Hansen.

There was no dialogue other than otherworldly grunting, yet a range of emotions and human identity was represented throughout the piece.

Hansen was first exposed to Butoh through a two-week boot-camp course put on by Kokoro Dance in Vancouver. The troupe has plans to build another Butoh, for the Victoria Fringe festival next year.

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TOP TEN

FOR THE WEEK OF NOVEMBER 20TH

* means Canadian artist. † means local artist.

1. IMMACULATE MACHINE †
   Les Uns Mais Pas Les Autres (Mint)
2. CHRIS FRYE & THE ANALOG GHOSTS †
   Raised On Rhythm and Rhyme (Pacific Music)
3. PJ HARVEY
   Peel Sessions: 1991-2004 (Island)
4. THE BLOW
   Paper Television (K)
5. JACKIE MITTOO *
   Wishbone (Light In The Attic)
6. VARIOUS
   Plague Songs (4AD)
7. HENRI FABERGE & THE ADORABLES *
   Henri Faberge & The Adorables (Independent)
8. THE DRONES
   Gala Mill (ATP)
9. CONVERGE
   No Heroes (Epitaph)
10. PAS/CAL
    Dear Sir (Le Grand Magistery)

Hear the weekly top ten on Charts and Graphs every Thursday at 3:00 PM on CFUV 101.9FM.

CANADIAN INTERUNIVERSITY SPORT WOMEN'S

UBC wins third championship in five years

by David Karp

It was UVic's Lower Mainland rivals who ran off with the trophy.

UBC captured its third national women's soccer title in five years, knocking off the Queen's Golden Gaels 3-1 in the final of the 2006 Canadian Interuniversity Sport (CIS) national championships on Nov. 12 here at UVic.

The UBC Thunderbirds went through the McGill Martlets, who were deemed to have forfeited when they walked off the field due to broken lighting in the opening game, and then the Ottawa Gee-Gees (the eventual bronze medalists) in the semi-finals before taking out Queen's for the school's record fifth national championship win.

Queen's attacked aggressively early on during Sunday's final match, pushing forward in numbers. It paid off when a header two and a half minutes in fed Renee MacLellan on a breakaway, putting it comfortably past UBC Thunderbirds keeper Jaclyn Dunnett. The crowd of mainly T-Bird supporters wasn't fazed, still cheering, chanting and banging the pots and pans they brought over from Vancouver.

UBC coach Dick Mosher appreciated his opponents' early goal, saying it woke his team up.

"I said to my assistant coach, 'Maybe this is the best thing that can happen to us, because things have been going a bit too smoothly,'" said Mosher.

But the T-Birds looked like they hit the snooze button after the goal, as it took awhile before they really got to work. Queen's striker Eilish McConville, who led the CIS with 22 goals in 16 games this year, was hungry after her team drew first blood.

McConville fed a dangerous cross into the box 40 seconds after the goal, but Dunnett was able to catch it before harm was done. Two minutes later, McConville made a great run, beating two defenders before placing a through-ball too far out of reach for her teammate, MacLellan, to latch onto.

In the eighth minute, McConville had another chance to score when she took a free kick from just outside UBC's 18. It skimmed the crossbar on its way out of play.

As the first half wore on, the T-Birds started to find their legs, earning a few more chances on attack. But they still had trouble containing CIS player-of-the-year McConville.

In the 23rd minute, McConville had the goalie beat with a scorcher from 25 yards out, but her shot was saved by the crossbar.

UBC was finally able to celebrate when, in the 28th minute, Stephanie Thibert powered around her marker to get a shot away from 10 yards out. Thibert found the bottom left corner of the net.

"It was typical Steph," said teammate Amy Bobb. "We needed that goal to get us calmed down so we could play our game."

Bobb would get her own just before half off a corner kick. Kelly Isberg hit a shot straight into keeper Katie McKenna's hands, but it slipped onto the feet of Bobb, who tapped the ball into the net.

"I got a hand on it, but it slipped out," said McKenna. "And that came as the result of many, many corner kicks. They had relentless pressure."

JOSH THOMPSON PHOTO

The victorious UBC Thunderbirds team poses with their gold medals after disposing of the Queen's Golden Gaels 3-1.

The second half started tamely, but got fans on their feet when a long through-ball by MacLellan sent McConville in alone. Dunnett rushed out to meet her at the edge of the penalty area, and a pressured McConville sent the ball wide of the goal.

Rookie Caitlin Davie added a third for UBC 66 minutes in when she trapped a Golden Gaels clearance at the edge of the penalty area. She confidently pounded the ball home into the lower-right corner of the goal.

There was a scary moment in the 69th minute when Bobb and McConville collided at midfield in what appeared to be a head-on-head collision. Both players stayed down for a while but would return to the game. But the Golden Gaels' attack lost its edge after that.

UBC was able to contain McConville, and Queen's, for the rest of the game, hanging on for the 3-1 victory.

"I got through a couple of times. I probably should have put one of them in—I'm a little disappointed with that," said McConville.

With the victory, UBC grabbed their third Gladys Bean Memorial Trophy in five years. "It's different," said Mosher, when asked to compare this championship to his other three. "It's a younger crew; it's a crew that wasn't supposed to do it, and that makes it particularly exciting."

Lighting fiasco blackens soccer tournament

McGill Martlets forfeit quarter-final match to UBC after team falls behind by two goals

by David Karp

McGill's undefeated record came to a bizarre end on Nov. 9 when the soccer team forfeited their Canadian Interuniversity Sport (CIS) quarter-final match against UBC.

The McGill Martlets women's team left the field after 67 minutes of play when some of their players had difficulty seeing. The Martlets were trailing 2-0 at the time.

"I have really bad vision," said Martlets goalkeeper Victoria Vilalba, who explained her visual acuity is between 6-25 and 6-50. This means that she must be six feet away to see objects that the average person can see from 25 or 50 feet away. "I don't see in the dark," she said.

Four sets of lights are usually used to illuminate the turf field, but only three were operating on game day. An events assistant with UVic said that electricians were called but didn't arrive before game time.

The game was scheduled to kick off at 3 p.m. but started roughly 20 minutes late. According to the Herzberg Institute of Astrophysics, the sun set at 4:42 p.m, with twilight ending at 5:16 p.m.

McGill coach Marc Mounicot called the referee over twice to protest that his players couldn't see, but the ref ruled it was safe for the game to continue.

"The conditions were not playable," said Mounicot. "I told my team to come off the field because they couldn't see anything."

UBC coach Dick Mosher, who didn't notice the lights were out, thought McGill should have kept playing.

"It's not a nice thing to happen to a top-flight tournament," said Mosher. "But [wins] all count on the way to the final." After leaving the field, it was decided that the Martlets forfeited.

"The official determined that McGill had abandoned the game. They had removed their players from the field of play, and the game was called at that point," said tournament convener James Keogh.

McGill unsuccessfully appealed the decision to the CIS.

The CIS handed Mounicot a one-game suspension the morning after the match "for publicly questioning the integrity and competence of the officials and championship organizing committee" and for "failure to control his team."

Nevertheless, the coach stood by his actions. "Do I regret it? Not at all," he said.

Referee Carol-Anne Chenard, who has refereed in professional and international matches, would not comment directly on the incident. However, she said that for strange events "you need to know the rules, you need to know the spirit of the game—the laws of the game—and I think that's all you can do for any situation that happens to you on the field."

Joe Guest, director of refereeing with the Canadian Soccer Association, backed Chenard's decision.

"When McGill removed themselves from the action, the referee had no alternative but to abandon the game," he said.

Martlets captain Shari Fraser said the team suggested that the lights be fixed or the game moved into the fully lit stadium adjacent to the field.

"The ref didn't want to hear anything about it, so as a team we took the decision to walk off the field and to continue somewhere else when conditions were better," she said.

Although the decision resulted in McGill's elimination from the single-knockout tournament, Fraser said the team had no regrets.

"It was the coach's decision, but we stood by it right away, and we agree with him 110 per cent," she said.

"How do you have a field without lights?" Fraser asked. "This is a national championships—it's not the beer league."

McGill had a game scheduled against Bishop's University on Oct. 29 but didn't play the game.

"The field was in really, really bad condition. It wasn't a McGill decision," said Jean-Philippe Tremblay, Bishop's sports information coordinator. "But the head coach at McGill, he's special."

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NATIONAL SOCCER CHAMPIONSHIPS SPECIAL

Season comes to crushing end

by Alex Gillett and David Karp

WILLIE LI PHOTO

Three Vikes go up for a header against four Ottawa defenders (in white). UVic lost the game 1-0.

For Vikes players, the referee's final three whistles to end the game last weekend were the harshest of sounds.

The tears streaming down the faces of UVic's soccer stars said everything. The Vikes, ranked first in Canada with a chance to win back-to-back championships at home, were eliminated in their opening match of the Canadian Interuniversity Sport women's national soccer nationals by the University of Ottawa Gee-Gees.

"On a day like today, there's nothing you can do about it," said Vikes captain Carey Gustafson. "I mean, we played our guts out. Everyone did what they were supposed to do."

Both teams played aggressive defence, allowing few scoring opportunities. While the Vikes controlled plays throughout the second half, things changed quickly when the Gee-Gees scored on the counterattack in the 72nd minute.

Ottawa striker Courtney Luscombe fed a through-ball to Valerie May, who kicked it past Vike's keeper Jill Carruthers from the edge of the Vikes' 18-yard-box.

"I took it with my left, which is not my strong foot," said May. "I remembered to just put it on the ground and place it."

Vikes coach Tracy David called the goal a defensive breakdown.

"That's the way that championships are. You've got to be good defensively—you can't give away goals," said David.

The Vikes poured it on after the goal. A cross from right midfielder Kate Hambleton was met by goalkeeper Katarina Vulic. Another Hambleton cross moments later sailed over the end line.

With five minutes left, the Vikes got the ball into a crowded Ottawa 18-yard-box, but substitute Janelle Smith was half a second too late, beaten to it by a Gee-Gees defender.

With 30 seconds to go before stoppage time, striker Kendra Flock blasted a rocket off the top corner of the crossbar from about 25 yards out.

In stoppage time, Flock had another go from 25 yards, but Vulic was up to the task.

A last-ditch free kick sailed just over the bar. A cross just missed the head of striker Moira Hood. Seconds later, Hood was brought down in the box, but the referee refused to call a penalty.

The Vikes did everything they could, but could not beat Vulic.

The 1-0 win was sweet revenge for Ottawa, who lost to UVic 3-0 in last year's final. That set up a consolation match for UVic the next day against the Martlets.

In the second game, it was clear from the kick-off that neither team wanted this to be their last game of the tournament. Unfortunately for the Vikes, it was.

It took 113 minutes for the game's only goal to be scored in overtime by McGill's Antonietta Pascale from a pass by Shari Fraser.

"We were so close. I thought it was one of the better games we've played all season," said Vikes goalkeeper Kasia Gwiazda, who started the game in place of Carruthers. "But they got that one shot. That's what happens in soccer."

Both teams fought hard and had equal scoring opportunities in the fast-paced game. Fifteen minutes in, Vikes forward Liz Hansen powered a header from Hambleton that went just wide. McGill's Catherine Scott also took a number of free kicks from just outside Victoria's 18-yard box that couldn't make it past Gwiazda.

Neither team let up in the second half. Vikes Flock and Hood made several breaks down the field, only to be stopped by McGill keeper Victoria Villalba.

Villalba stood up to numerous collisions with desperate-to-score Victoria players during the second half and was frequently stretching and limping toward the end of regulation time. Still, Villalba held strong as the game went into overtime.

Another free kick by McGill's Scott looked as though it might be a go in, but Gwiazda held tight to the ball, slippery from the rain-drenched field.

With seven minutes to go in overtime, Martlet Antonietta Pascale directed a pass from Fraser past Gwiazda into the lower right corner of Victoria's net.

The Vikes retaliated with shots by Hansen and Rachelle Armstrong but couldn't meet their mark. The whistle blew.

After the game some Vikes players, including captain Gustafson, fought back tears.

"It's disappointing because we outplayed both teams in both games and we just couldn't finish," said Gustafson. "And unfortunately, you have to score goals to win games."

The loss was particularly upsetting for the fifth-year student; it was her last game with the Vikes.

"Not losing all season and then losing the last four games is pretty tough, but I had a great career," said Gustafson. "These guys will be successful in the future."

Coach David echoed Gustafson's sentiment.

"They're disappointed," she said of her team, "but they had great spirit today, and I'm proud of them."

For McGill, the victory came after they forfeited their quarterfinal match because of a malfunctioning bank of lights.

"We're 12 or 13 graduating players, and this is our last game, and they sold us short of the potential gold medal," said Villalba.

Captain Fraser said the win softened that blow.

"After yesterday, we were all pretty down," she said. "We knew that we didn't want our tournament to end today, so we gave it all we could."

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One-wheelers can work wonders

Extreme unicycling develops core strength and two types of balance

by Kim Horrocks

Unicycles. Not exactly something you think of every day, let alone associate with vertical rock faces and Evel Knievel-style jumps.

But in an age where adrenaline junkies rule the sports scene, extreme unicycling has been gaining recognition—and respect—throughout the world.

Like mountain biking, extreme unicycling takes place on rugged terrain, testing riders' technical and freestyle abilities. The sport requires excellent balance, speed and strength. Intense training and personal discipline are essential, making it an attractive alternative to your run-of-the-mill fitness routine.

"It's a wild ride when you're first learning. It's a whole new sensation—a whole new mind space and balance point," said local filmmaker and photographer Sean White, whose extreme unicycling short film *White Trax* won a Special Jury Award at the 2002 Banff Mountain Film Festival. "It's very addictive riding one wheel."

Comprised of mountain unicycling, where the objective is to ride challenging trails of rough terrain, and trials unicycling, which involves riding over obstacles in a natural or urban setting, extreme unicycling offers an intense aerobic workout.

"Unicycling is really good for core strength and balance and is good for cross-country training for various sports," said Victoria native Kris Holm, one of the best mountain unicyclists in the world. Holm pointed to former U.S. World Cup ski champion Bode Miller, who rides a unicycle because the balance dynamic is similar to how you turn when skiing.

"It's really good mental training, because if you stop concentrating, you're off the unicycle," said White. "It really teaches you how to focus."

Although unicycling has been around since the early 1880s, it's only been in the past decade that the sport has captivated extreme-sports enthusiasts. Known more for its association with circus performers than for gravity-defying feats of athleticism, extreme unicycling has had problems leaving behind its humble vaudevillian roots.

Just ask 17-year-old unicycler Sean Goode, who routinely receives unwelcome comments.

"Usually people on the street come up to me and ask all the same things like, 'Where's your other wheel?' or 'Is the circus in town?'" said Goode. "It gets really annoying."

Darren Bedford began selling unicycles in 1988, gaining a reputation for producing some of the most durable, high-quality merchandise available on the market. He's noticed an explosion of interest in extreme unicycling over the past couple of years.

"The sport has grown tremendously—there's two to three times the amount of people that are into it now than there used to be," said Bedford, who has almost 23 years of riding experience.

Unicycling relies on balance and stability to keep the rider on the unicycle, which can be a challenge for beginners. There's a forward and backward balance, as well as a left and right balance.

"Even though you ride in a straight line, your body moves left and right, which is a balance you achieve by shifting your weight," said Brian Corry, president of the Victoria Unicycle Club. "The main concern for people that are just learning is the left and right balance, because it's a really unfamiliar feeling."

KIM HORROCKS PHOTO

A member of the Victoria Unicycle Club catches some air in front of UVic's fountain.

Still, falls are bound to happen. But that's not a big deal, according to rider Jeff Groves.

"The furthest distance you can fall off a unicycle is a couple of feet, whereas with a bike if you fall you're going to get mangled in the bars and everything," he said.

But safety gear is still important. Bedford recommends wearing a helmet, wrist guards and leg guards. A helmet costs at least $20, wrist guards run between $30 and $45, and leg guards cost between $80 and $100.

When it comes to the unicycle itself, Bedford explained that the cost depends on how extreme the rider wants to be.

"Typically they run between $200 and $1600," said Bedford. "You wouldn't buy a $200 unicycle and then try to jump off a six-foot wall, because the components are nowhere as near as strong as they would be with a $500 or $800 unicycle."

As long as you can afford the gear, everyone can unicycle.

"Anyone can have fun in this sport—it's not just for elite athletes," said Holm. "And the best part is that you can ride for years and years and still keep learning and growing in the sport."

UVic runners capture bronze in La Belle Province

Men's team places third at cross-country nationals with women running to 10th place

by Malin Jordan, *The Link*

QUEBEC — It wasn't the colour they were hoping for, but at least the Vikes won a medal.

The UVic men's cross-country team placed third at the Canadian Interuniversity Sport national championships on Nov. 11 in Quebec City. The team was happy to get the bronze medal, but was a little disappointed at the same time.

"We were ranked second overall," said Johannes Mallie, who placed third for UVic and 26th overall. "So, as a team, we were hoping to finish higher than third."

Wind and rain soaked the course at times and gave way to nominal amounts of sleet, but the Vikes fought hard to finish ahead of 13 other teams. Runners will be looking forward to the possibility of better weather when UVic hosts next year's championships.

"It was a challenging course," said Logan Burke, the fourth UVic runner to complete the 10 kilometres on the historic Plains of Abraham. "At first, it was downhill, so it was fast, but after one turn it was uphill and muddy, which made it tough and demanding."

The Vikes were led by Geoff Martinson, who finished in eighth with a time of 33:19.3, while David Jackson came in just over 30 seconds later in 21st.

But it was Richard Lehman, the fifth UVic runner, whose performance really mattered. He placed an important 36th overall.

The Vikes were tied for third at 120 points with the Windsor Lancers—the men's champions from 2003 to 2005—but got the nod for the bronze medal since UVic had the better fifth runner. Windsor's fifth man, Adam Keller, finished 40th with a time of 34:30.2.

UVic was 14 points away from the second podium position, but the silver went to the University of Toronto, while the gold went to Guelph, which dominated both the men's and women's events.

Burke was disappointed with the finish.

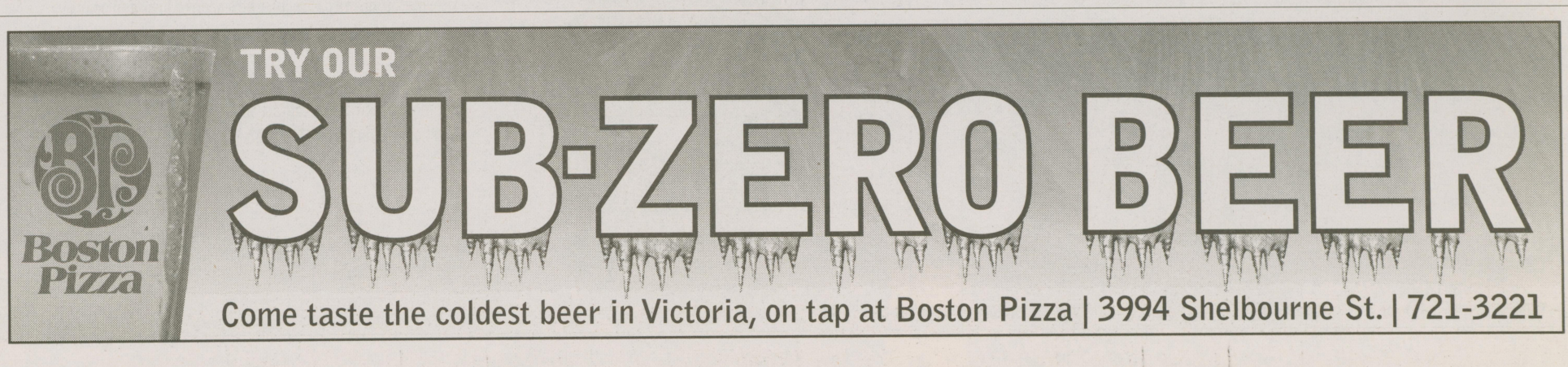
"We were bronze a year ago, so it's status quo again," he said, "except it was a bit of a disappointment because we were trying to do better."

Rob Connors, the Vikes assistant coach, said that he was proud of how hard his team battled and is looking forward to next season.

"We raced as hard as we could, but a bronze is a bronze," he said, noting they faced good competition from Guelph, Windsor and Western. "This was a good step for us as a team."

UVic's women's team had a disappointing result, finishing in 10th despite being ranked fifth heading into nationals.

The Vikes men's and women's teams race next month in Seattle.



B-ballers still undefeated

by Matthew Lundy

The Vikes started strong against the University of Winnipeg but came dangerously close to squandering a double-digit lead.

The second half of the men's basketball game on Nov. 18 saw several lead changes before guard Josh Whyte sparked the Vikes. He scored all his 14 points in the second half, en route to a 78-66 victory over the Winnipeg Wesmen, improving UVic's undefeated record, now at 8-0.

Establishing the low-post game was an early priority for the Vikes, and Jacob Doerksen converted some high-percentage hook shots in the blocks. Doerksen led the way for the Vikes, posting 15 of his 21 points in the first half.

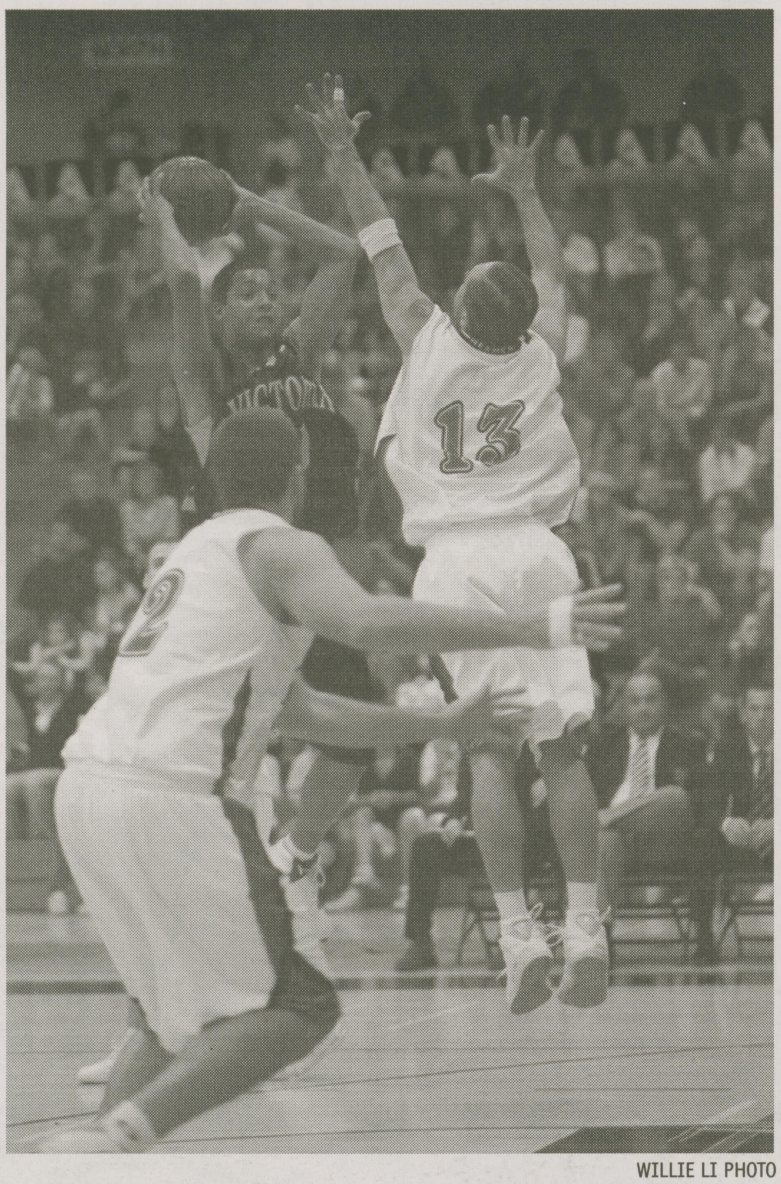
The game began to take shape with the substitution nearly five minutes in of forward Mitch Gudgeon, who immediately made an impact in his first play off the bench by rejecting Wesmen forward Dan Shynkaryk's dunk attempt. Gudgeon's spirited offence culminated in a powerful two-handed dunk off a baseline cut. Eight minutes in, the Vikes had jumped out to a comfortable 25-13 lead.

The Vikes kept coming, until things fell apart late in the half.

"In the last four minutes they went on about a 10-0 run, which really hurt us coming into the half and lifted them," said Whyte. Leading the surge for Winnipeg was bigman Ivan Saric, who scored a game high of 23 points, bringing the Vikes' lead to a slim 36-33.

Things would get worse as Wesmen's deadly guard Erfan Nasajpour, a player who frequently posts 30-point-plus games, started heating up. The Wesmen would trade leads with the Vikes for the first eight minutes of the second half before Whyte took over.

The guard showed some range on his game, knocking down a three-pointer, getting to the free-throw line and converting open lay-ups off steals in the open court.



WILLIE LI PHOTO

Josh Whyte throws a pass over Winnipeg's Erfan Nasajpour.

"I should've played like that off the beginning tip," said Whyte. "But it was a good lift for us and I felt that it was a big factor."

The Vikes kept their opponents at bay for the remainder of the game, thanks in large part to the dominant performance of forward Graeme Bollinger on the boards, who collected 15 rebounds to go along with his 16 points.

Next up for the Vikes are back-to-back games against the University College of the Fraser Valley Cascades in Abbotsford, before heading to UBC to take on the also undefeated Thunderbirds on Dec. 2.

SPORTS SHORTS

Rugby team still in first place

The men's rugby team held on to first place in the Vancouver Island Rugby Union Elite league despite a 17-13 loss to Velox Nov. 18.

It was only the second loss for the Vikes this season, and a far cry from the previous UVic-Velox game, which ended 46-22.

The Vikes played shorthanded for 30 minutes thanks to three yellow cards.

Water polo teams come last

UVic's water polo teams won medals last weekend, but finished in last place.

A small turnout at the first ever Western Canada University Championships, held at Thompson Rivers University in Kamloops Nov. 18 and 19, meant that teams were guaranteed medals by showing up.

The women came in second behind UBC, while the men finished third behind champions University of Calgary and runners-up UBC.

Hall of Fame recognizes Vikes

The UVic Sports Hall of Fame added five new inductees Nov. 21.

The 1975 men's soccer team was recognized as the first UVic team to win a national championship. Kirsten Barnes was added for winning two rowing gold medals at the 1992 Olympics. Gerald Kazanowski got in for leading the Vikes to four straight national basketball championships in the '80s, and was drafted into the NBA in 1993.

Luanne Krawetz, who works for the faculty of education, got the nod for winning three straight national championships with the women's basketball team. Former UVic president Howard Petch was recognized for helping to establish funding for athletics.

- Complied by David Karp and Kim Armstrong

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Women's Basketball

Nov. 18 Wnnpg 81 UVic 61
Nov. 17 Mntba 72 UVic 70
Nov. 12 UVic 59 TRU 46
Nov. 11 UVic 72 TRU 63

Men's Basketball

Nov. 18 UVic 78 Wnnpg 66
Nov. 17 UVic 75 Mntba 55
Nov. 12 UVic 97 TRU 82
Nov. 11 UVic 96 TRU 65
Nov. 8 Arzna 111 UVic 56

Men's Field Hockey

Nov. 5 UBC 7 UVic 0

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Nov. 18 Velox 24 UVic 3

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The Environmental Law Club has many upcoming events in October and throughout the year. Please visit www.elc.uvic.ca/club for details on speakers, activities and campaigns as they become available. Thank you. rachelsqf@gmail.com

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WINNERS OF the Victoria Writers' Society's 6TH ANNUAL WRITING CONTEST will present their poems and stories, December 6th, 2006, 7:30 to 9:00 pm, New Horizons Centre, 234 Menzies Street. Guests Welcome. www.victoriawriters.org

On Sunday, December 3rd, at 2:30 PM, VIVA Choirs presents the annual "Harmonies for the Holidays" concert at St. Aidan's United Church, 3703 St. Aidan's St., north of Richmond & Cedar Hill X Rd., featuring five choirs with conductors Connie Foss More and Nicholas Fairbank. Talented young singers share familiar and historical seasonal music from many cultures, including some with organ accompaniment. Tickets are $5 age 18 & under, $11 seniors, $12 adults at Long & McQuade Music (Hillside), Ivy's Bookshop (Oak Bay), or at the door. Call 472-2655 or check www.vivachoirs.ca for information.

On Saturday, December 9th, 11:30-noon, VIVA West Shore Choir presents "Seasonal Songs at Juan de Fuca" library branch at 1759 Island Highway, with conductor Connie Foss More. Enjoy familiar and historical seasonal music from many cultures performed & led by talented young singers aged 7-11. Admission is free, of course. Call 472-2655 or check www.vivachoirs.ca for information.

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Notice to students in Education, Geography or Biology: Excellent volunteer opportunities at Swan Lake Christmas Hill Nature Sanctuary. For more details e-mail Joan at: volunteer@swanlake.bc.ca

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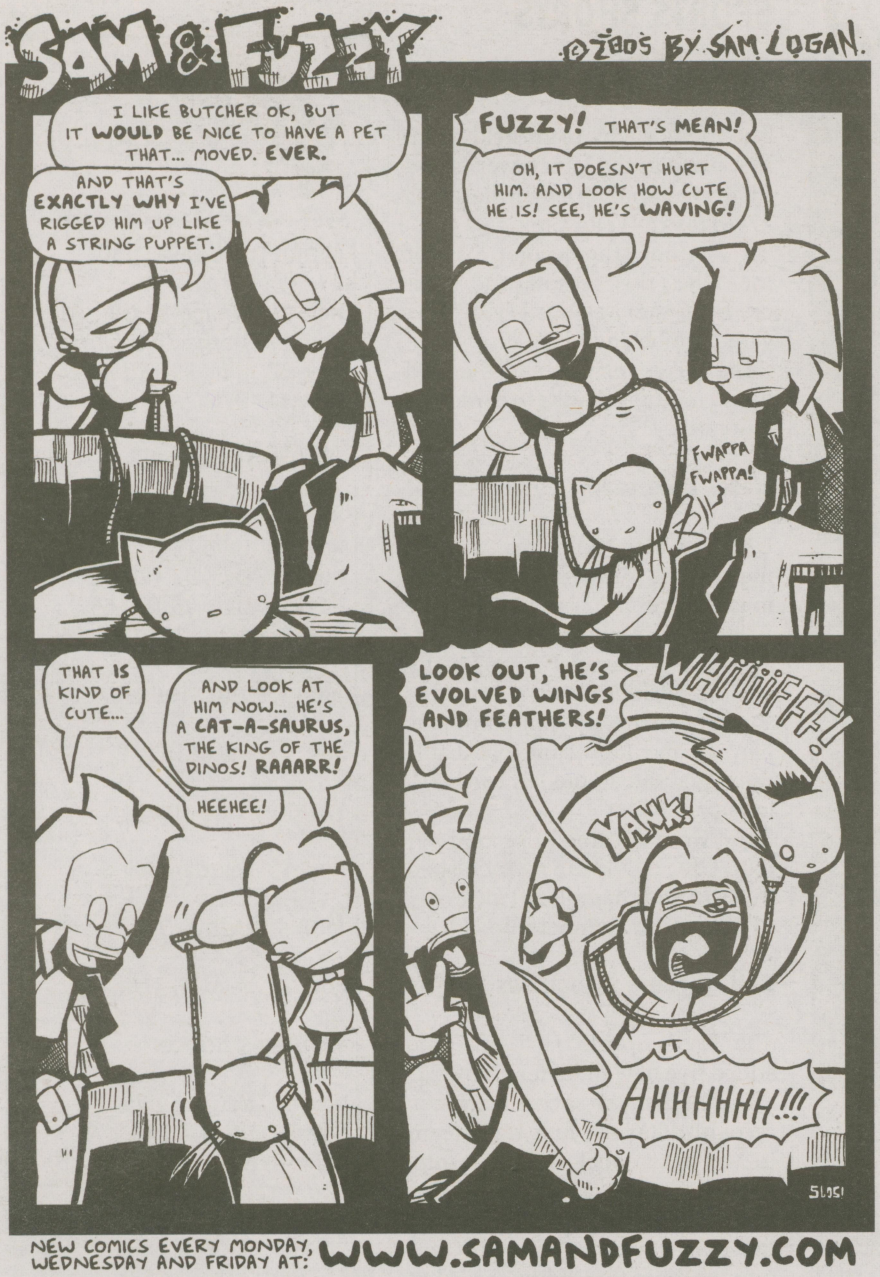
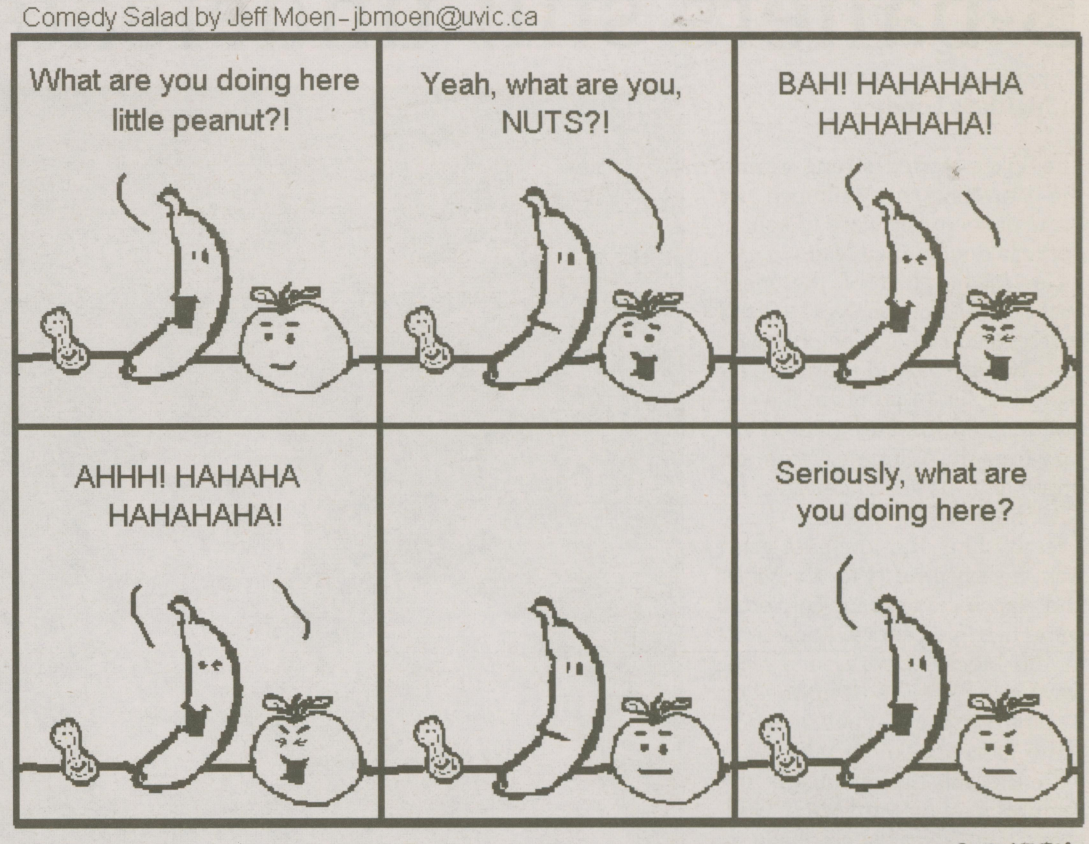
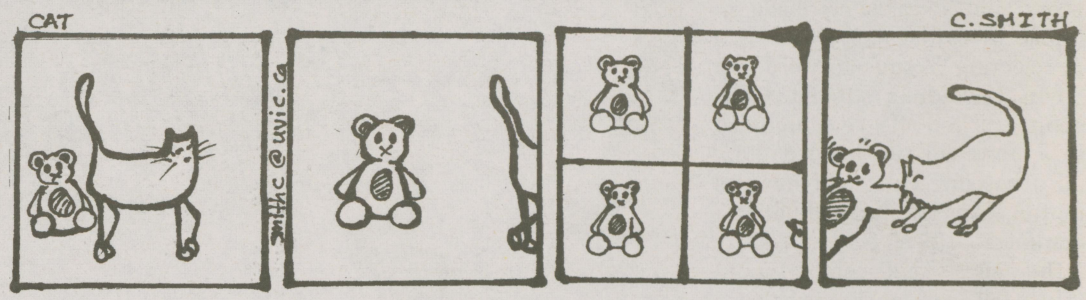


NEW COMICS EVERY MONDAY, WEDNESDAY AND FRIDAY AT: **WWW.SAMANDFUZZY.COM**

Comedy Salad by Jeff Moen - jbmoen@uvic.ca





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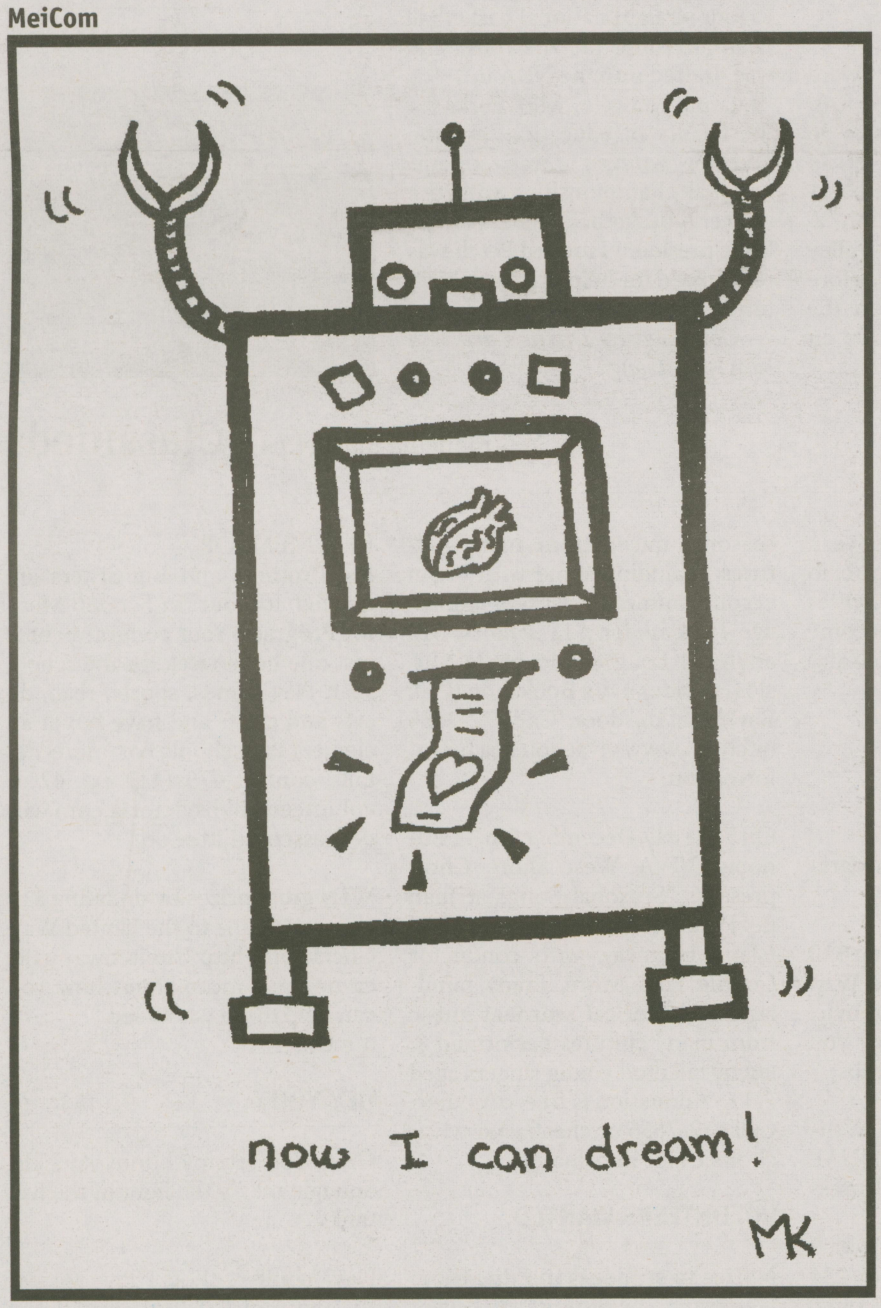
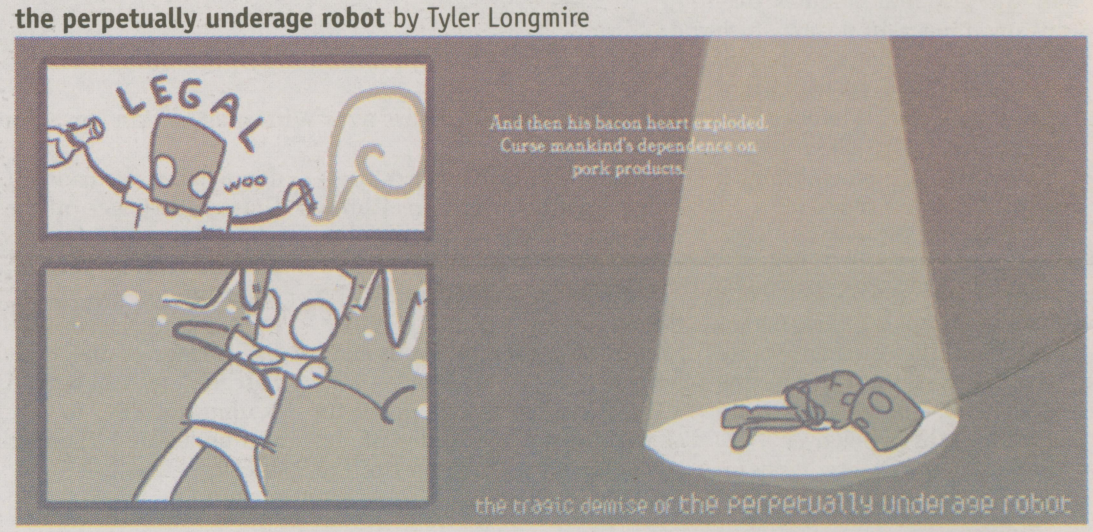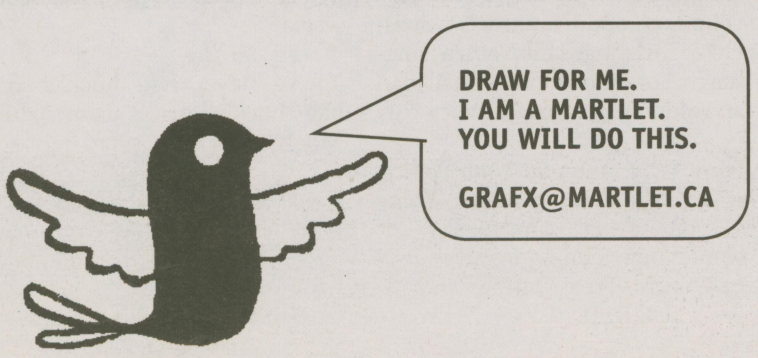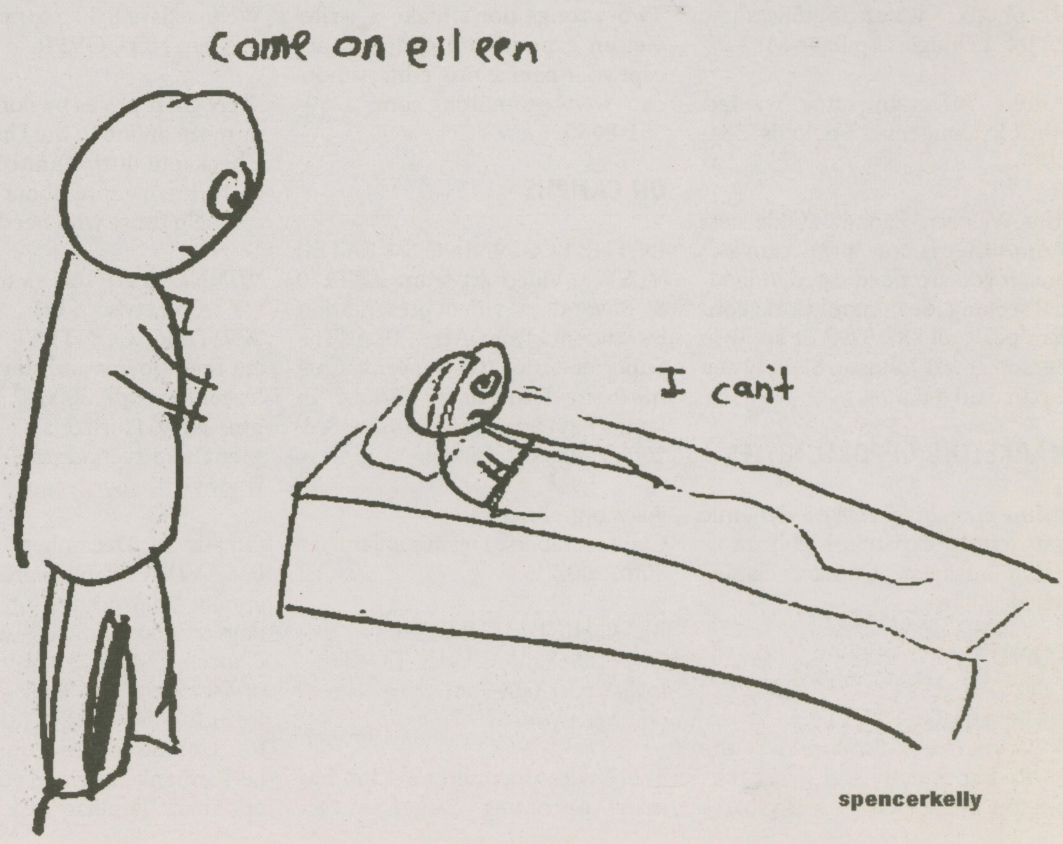
the perpetually underage robot by Tyler Longmire